Celebrating
FIFTY YEARS
of Personal & Social Transformation

The Esalen Catalog
January–June 2013
JOIN US for a vibrant mix of cinema and conversation with filmmakers working at the intersection of art and activism. This lively and inspiring weekend of panel discussions, film screenings, and group conversations will be fueled by world-class guest speakers and Esalen's own powerful capacity to ignite personal and social change.

The three-day festival will include approximately 6 hours of film screenings and 4 hours of discussion.

**Featured Guest Speaker/Filmmakers**

**Director and cinematographer Jon Shenk**'s Lost Boys of Sudan won the Independent Spirit Award in 2004. He was the director of photography for the Academy Award®-winning Smile Pinki (2009), and won an Emmy for Blame Somebody Else (2007, PBS/Exposé). He co-directed and photographed Democracy Afghan Style (2004) and The New Heroes (2005). Shenk has produced and photographed dozens of documentaries for PBS, the BBC, A&E, Bravo, CBS, NBC, and National Geographic Television.

**Roko Belic**'s directorial debut Genghis Blues (1999) won the Sundance Audience Award and was nominated for an Academy Award® for best documentary feature. His most recent film, also winner of multiple awards, is Happy, a journey from the swamps of Louisiana to the slums of Kolkata that combines real-life stories and powerful interviews with scientists to uncover the secrets behind our most valued emotion.

**Barnet Bain** is an award-winning Hollywood producer, director, broadcaster, and creativity coach. As a leader in the field of personal and transformational development, Barnet has inspired millions of people around the world. Select film credits include Oscar® winner What Dreams May Come (producer), triple Emmy nominee Homeless to Harvard (executive producer), The Celestine Prophecy (writer, producer), The Jesus Film (writer), and The Lost and Found Family (director). His upcoming productions include Richard Bach's Illusions and Milton's Secret by Eckhart Tolle and Robert Friedman. He is heard every week as co-host of Cutting Edge Consciousness Radio on KKZZ AM Talk Radio in Southern California.

**Mary Elizabeth Murphy** is an expert at creating innovative grassroots campaigns for independent films that target niche markets. She worked on the Academy Award®-winning film The Cove, and other indie hits such as Pina, Cave of Forgotten Dreams, Bottle Shock, and The Way.

**Corinne Bourdeau** is president and founder of 360 Degree Communications, an agency specializing in films that celebrate and enrich the human spirit through social change. Bourdeau’s portfolio includes Academy Award®-winning documentaries such as Ingredients, The Cove, and Way of the Peaceful Warrior.

Please check [www.esalen.org/filmfest](http://www.esalen.org/filmfest) for additional guest speakers and filmmakers.

See page 91 for the full event description.
Join Us for Our Next Adventure

With the new year Esalen steps into our second half-century of pioneering deep change in self and society, opening and enriching our lives, our relationships, and our shared culture in ways unimagined fifty years ago. This tradition continues and even accelerates in our programs today, as we take the tools created by Esalen (and our ever-growing community of educational partners), finding new integral applications, new synergies of tools and methods in whole-person education, in leadership training and organizational development, social action, sustainability, spiritual activism, and more.

The challenges we face in the years ahead will be unprecedented in their urgency and complexity, but the opportunities for leadership and creativity in our own lives and in our world will be equally unprecedented – if we know how to make the most of them. Now is the time to apply what we’ve co-created over these years toward the creation of the just, humane and sustainable world that is our human promise, and our common birthright.

The limits of our human potential are set only by the limits we ourselves place on our own imaginations and our own hearts. Here at Esalen we believe (and the new neuroscience corroborates this) that the key to dealing with this complex new world is holistically developing every dimension of our own experience and our own potential for creativity and connection.

This catalog offers a rich menu of opportunities for exploring and applying your best life, bringing new skills and magnifying your capacity to contribute to the lives around you. It is also your guide, or treasure map, to our most precious resource: our shared, worldwide community of fellow seekers, each of us uniquely creative and distinct, and all of us joined together in a common purpose.

Join us this season at Esalen to share your own resources and experience, gain new skills and insights, and open a new dimension of your own ideas and experience, both here at Esalen and beyond.

See you soon at Esalen!

Gordon Wheeler
President
BECOME A FRIEND OF ESALEN

Cultivating Deep Change in Self and Society

Your gift to the Esalen Fund helps make the essential elements of the Esalen experience possible, including our ability to attract ground-breaking workshop faculty; stewardship and sustainable management of the grounds, farm and garden; the Gazebo Park School for children aged 0-6; residential education programs; and financial aid for work scholars and workshop participants. Unrestricted funds provide for Esalen’s Center for Theory & Research, which stages interdisciplinary conferences and fosters partnerships among global pioneers and thought leaders.

Each and every gift to the Esalen Fund makes a difference, because unrestricted contributions bridge the gap between workshop tuition and operating expenses. Your support benefits Esalen today and helps secure Esalen’s long-term financial future.

As a token of thanks, donors who give $50 or more to the Esalen Fund become a Friend of Esalen. As a Friend, donors receive a $25 reduction on all catalog workshops for one year and are eligible to book a Personal Retreat at Esalen. We are grateful that many Friends also consider Esalen as part of their legacy by including a bequest or deferred gift in their estate plans. A charitable bequest is one of the easiest ways you can make a lasting difference to Esalen’s financial future. Make your gift tax-deductible to the extent allowable by law. Your support benefits Esalen today and helps secure Esalen’s long-term financial future.

To donate online: www.esalen.org/donate

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Postal mail: Use the envelope attached in this catalog.
Questions? Contact Monique Baron, 831-620-6255.

- Friends Circle: $50+
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Share the magic of Esalen by connecting with Esalen’s Facebook community at facebook.com/EsalenInstitute or on Twitter at twitter.com/EsalenInstitute.

Give Yourself Time to Reflect

Experience Esalen through one of our new, self-directed Esalen immersion programs

A Time to Reflect is a special opportunity to spend five unstructured days at Esalen nourishing your body, mind, heart, and soul. Enjoy optional daily yoga and movement classes, massage, time in the meditation center, evening programs, and three beautifully prepared meals each day. Luxuriate in the natural hot springs, and explore Esalen’s culture of deep learning and growth.

During the first half of 2013, A Time to Reflect will be offered on the following dates:

Jan 6–11  Feb 17–22  May 5–10
Jan 18–20  Feb 24–March 1  May 12–17
Jan 20–25  April 28–May 3  June 9–14
Feb 3–8

See page 15 for the full program description.
GENERAL INFORMATION

Since 1962, the Esalen Institute has been devoted to the exploration of what Aldous Huxley called the “human potential,” the world of unrealized human capacities that lies at the growing edge of consciousness. Esalen is known for its blend of East/West philosophies, experiential/didactic workshops, a steady influx of expert teachers from around the world, and its breathtaking grounds and natural hot springs. Once home to a Native American tribe called the Esselen, Esalen is situated on the spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

In addition to its structured programs, Esalen has many ongoing events and features to enrich your stay.

**Esalen® Massage and Bodywork**
Esalen has long been known for its unique massage and bodywork modalities, developed by innovative practitioners at the baths overlooking the Pacific, and offered to guests during their stay. Esalen Massage incorporates long flowing strokes over the whole body, and helps release the stresses of everyday life, leaving the receiver feeling integrated and deeply relaxed. Other modalities often available at Esalen include Cortical Field Reeducation®, Craniosacral Work, LaStone®, Rolfing, Shiatsu, Thai Massage, and Transformational Kinesiology. Massage and bodywork reservations must be made and paid for in advance through Esalen Reservations. If you are coming to Esalen for a massage only, or to make an appointment for a massage at Esalen’s Carmel Center, please call 831-667-3002.

**Hot Springs**
Esalen is the steward of a natural hot springs overlooking the Pacific. The hot springs are a source of relaxation and healing for those who visit, and you may catch a glimpse into the life of a sea otter, seal, or migratory whale while you enjoy the baths. Swimsuits are optional, of a sea otter, seal, or migratory whale while you enjoy the baths. Swimsuits are optional, and nudity common, in the hot springs and massage areas.

**Daily Movement Arts Classes**
Every day, Esalen offers a schedule of free classes open to everyone. Offerings can include yoga, chanting, meditation, free-form dance, and didjeridoo meditation at the baths. You will receive a schedule when you arrive.

**Wednesday Evening Programs**
Esalen hosts visiting scholars and teachers, who interface with the rest of the Esalen community in many ways. Usually there is a scheduled program on Wednesday evenings for visiting scholars, workshop leaders, or Esalen staff to share their expertise with the larger Esalen community.

**Farm and Garden**
Esalen’s five-acre farm and garden produces hundreds of varieties of vegetables for the kitchen. In addition to enjoying the farm and garden’s bounty during mealtimes, guests may wander among the fields, enjoy the flowers during spring and summer, participate in farm- and permaculture-oriented workshops throughout the year, and volunteer with the farm and garden crew during their stay.

**Children and Families**
Esalen welcomes families and offers a selection of family-oriented workshops and child care. See page 7 for a full listing of family-friendly workshops. See page 111 for child care options.

**Accommodations**
Esalen offers several types of accommodations including standard shared rooms, premium rooms, and the Point Houses. For full descriptions and pricing, see page 110.

**Friends of Esalen**
Friends of Esalen are supporters whose donations of $50 or more will benefit Esalen programs and help build Esalen’s long-term financial base. Please see page 2 for a description of the many benefits of becoming a Friend.

**Accreditation and Continuing Education**
Many educational institutions recognize Esalen programs as eligible for credit in their curricula; check with your university or college. Additional information can be provided if needed. Esalen provides continuing education (CE) credit for psychologists, MFTs, LCSWs, nurses, bodyworkers, acupuncturists, and more. See page 113 for details.

For additional details about your stay at Esalen, please see pages 110–112.

Esalen is a center for experimental education. We offer neither psychotherapy nor assurances of change.
This is a guide to the workshops offered in this catalog. Many of them defy easy categorization and could be cross-referenced across many disciplines; most are listed in one or two main subject areas.

**ARTS & CREATIVITY**

**Visual Arts**
- Jan 6-11 • Drawing on the Right Side of the Brain
- Jan 20-25 • SoulCollage®
- Feb 1-3 • The Passion of Painting, Creative Habits
- Feb 3-8 • The Passion of Painting, Finding Your Way
- Feb 15-17 • Papermaking
- Feb 17-24 • Artplane Painting Workshop
- March 8-10 • Drawing Out Your Soul: Touch Drawing
- March 22-24 • Papermaking
- March 31-April 5 • Art as a Spiritual Path: Painting
- April 5-7 • Releasing the Wildness Inside Us
- April 7-12 • Drawing from Nature
- April 21-26 • Painting From The Source

**Writing**
- Jan 11-13 • The Power of Purposeful Writing
- Jan 18-20 • The Writer’s Journey
- Feb 1-3 • The Block: Love it and Use it
- Feb 8-10 • The Writing Life
- March 3-8 • Dangerous Writing
- March 29-31 • Start Writing Today
- May 3-5 • Writing from the Heart: Memoir
- June 21-23 • Writing from Dreams and Intuition

**Music/Rhythm/Dance**
- Dec 30-Jan 4 • The Natural Singer
- Jan 6-11 • Songwriting: Catch and Release
- Jan 20-25 •Wild Serenity
- Jan 25-27 • Finding Your Long Lost Musician
- Jan 27-Feb 1 • Finding Your Long Lost Musician
- Feb 1-3 • The Ecstasy of Sound: Music and Healing
- Feb 8-10 • Dance Awake
- Feb 22-24 • Soul Motion™: Alone, Together
- Feb 24-March 1 • Soul Motion™: Begin Again
- March 1-3 • Heart of the Song – Songwriting
- March 17-22 • Spiritweaves™ Emerge
- March 31-April 5 • Shall We Dance?
- April 7-12 • 5Rhythms®: Heartbeat
- April 21-26 • Dance of Oneness®: Divine Feminine
- April 28-May 3 • Spirit Songs: The Power of Gospel

**Creative Expression / Theater**
- Jan 25-27 • Creating Natural Perfume
- Feb 10-15 • Sharing Your Life Story
- March 22-24 • Improv Inspiration
- April 12-14 • Comedy Improv
- April 14-19 • Comedy Improv
- May 31-June 2 • Sharing Your Life Story
- June 7-9 • Esalen’s Social Change Film Festival

**The Body**
- Jan 11-15 • Esalen® Massage Weekend
- Jan 18-20 • Esalen® Massage for Couples
- Jan 27-Feb 1 • Los 5 Elementos del Masaje Esalen®
- Feb 1-8 • Deep Bodywork and Subtle Sensing
- Feb 10-15 • Esalen® Massage
- Feb 17-22 • Esalen® Massage
- March 17-22 • Advanced Esalen® Massage
- April 14-19 • Classical Esalen® Massage
- April 26-28 • Massage Retreat for Couples
- April 28-May 3 • Healing Art of Deep Bodywork®
- May 10-12 • Esalen® Massage - The Basics

**Somatic Practices / Movement / Sports**
- Jan 6-11 • Body-Centered Awareness
- Jan 13-18 • Zero Balancing II
- Jan 20-25 • Feldenkrais Spinal Awareness
- Jan 27-Feb 1 • Intro to Rolf Structural Integration
- Feb 3-8 • Spinal Awareness (with Humor)
- Feb 10-15 • Somatic Approach: Embodied Compassion
- Feb 22-24 • Intro to Cortical Field Reeducation®
- Feb 24-March 1 • The Brain Speaks 1
- March 1-3 • Women’s Qigong for Health
- March 10-15 • The Mattes Method
- March 24-29 • The Inner Web of Well-Being
- March 31-April 5 • Gyrokinesis®
- April 5-7 • ChiRunning®
- April 7-12 • Intro to Cortical Field Reeducation®
- April 26-28 • Awakening Somatic Intelligence
- April 28-May 3 • Somatic Learning®
- May 17-19 • Taiji and Qigong
- May 19-24 • Taiji and Qigong
- May 26-31 • CranioSacral Therapy 1
- May 31-June 2 • Hanna Somatics
- June 2-7 • Hanna Somatics
- June 21-23 • Cultivating the Elder Body of Wisdom
**Thrive in a Community of Men**

Join us at Esalen for one of this season’s programs designed especially for men.

**Tension and Trauma Releasing Exercises for Men**
Join trauma recovery and conflict resolution expert David Berceli for a weekend designed to help men of all backgrounds toward authentic self-healing. Participants will use Berceli’s Tension and Trauma Releasing Exercises to access and cultivate inner strength, peace, and confidence. p. 48.

**Gay Men Thriving — at Midlife (and Beyond!)**
There’s no need to approach the midlife transition with a sense of foreboding. During this workshop, somatic psychotherapists Rik Isensee and James Guay will lead the group with skill and humor beyond the youth-oriented messaging of the gay and mainstream media to the positive aspects aspects of gay midlife, including equanimity, spirituality, sexuality, dating, relationships, and more. p. 59.

**Learning to Live With Our Changing Bodies: A Conversation Among Men**
Fitness and wellness—or injury and illness—can influence how a man experiences his self-worth and masculinity. Physical achievements, limitations, and future potential can become distracting internal stories. This workshop, led by professor of counseling Matt Englar-Carlson and psychologist Mark Stevens, is an amazing opportunity to explore body image in a supportive group of men. p. 74.
Discover New Possibilities through Writing

Unleash your inner life through poetry, memoir, songwriting, and more. With expert teacher guidance, a group of supportive peers, and the inspiration of Esalen, language can be a magical tool to blaze a trail into powerful self-expression.

**Songwriting:** *Catch and Release*, Cris Williamson, p. 14.

**The Power of Purposeful Writing – Writing Practice for Balance and Creativity,** Suze Allen, p. 16.

**The Writing Life,** Ellen Bass, p. 29.

**Heart of the Song – A Foray into Songwriting,** Johnsmith, p. 41.

**Dangerous Writing,** Tom Spanbauer, p. 44.

**Start Writing Today,** Steven Pritzker, p. 56.


**Writing from the Heart: Finding Your Own Voice through Memoir,** Nancy Aronie, p. 74.

**Deep Writing,** Eric Maisel, p. 89.

**Soul-Centered Writing and Meditation for Women,** Sarah Mclean, p. 92.

**Diving Deep — Poetry’s Sacred Medicine,** Kim Rosen, p. 95.

**Journey into the Secret Garden: Writing from Dreams and Intuitive Inspiration,** Debra Moffitt, p. 99.

**The Story You Have to Tell: Writing from the Urgent Place,** Cheryl Strayed & Steve Almond, p. 103.
Feb 8-10 • The Dynamic Spine
Feb 10-15 • Wings of Love: AcroYoga® Bodywork
March 3-9 • Kripalu Yoga Teacher Training
March 15-17 • Sacred Evolution: Yoga and Meditation
March 24-29 • Gravity and Grace: Yoga Practice
March 29-31 • Be Here Wow! Meditation and Yoga
April 5-7 • Yoga Practice: Body, Mind and Being
April 19-21 • Earth Day Detox Retreat
April 28-May 3 • Yoga and the Act of Creation
May 3-5 • Embodying Spirit
May 10-12 • LifeForce Yoga® to Manage Your Mood
May 17-19 • A Yoga Journey through the Elements
May 19-24 • Yoga and the Play of Opposites
May 31-June 2 • Raja Yoga: Unifying Mind and Heart
June 2-7 • Raja Yoga: Unifying Mind and Heart
June 14-16 • Urban Mystery School: Art of Ritual
June 16-21 • Esalen’s 9th Annual Yoga Festival
June 28-30 • Advanced Yoga for Everyone

Myth / Ritual / Shamanism
Dec 30-Jan 4 • Re-Wilding the Future
Jan 20-25 • The Way of the Shaman
Jan 25-27 • The Renaissance of Spirit
March 1-3 • Archetypal Dreamwork
March 3-8 • Archetypal Dreamwork
March 22-24 • Myth-Body at Play/Year of the Serpent
March 24-29 • As Above So Below
March 29-31 • Spiritwalker: Shamanic Journeywork
March 31-April 5 • Visionseeker III
April 12-14 • Energy Medicine

CHILDREN / FAMILIES / EDUCATION

March 29-31 • The Magical Family
May 10-12 • Mother’s Day Family Workshop
May 24-26 • Family Mindfulness Retreat

ECONOMICS / BUSINESS / LEADERSHIP

Jan 18-20 • To Thine Own Self Be True
Feb 15-17 • Crafting Careers that Truly Fit
Feb 22-24 • Transformative Leadership
March 1-3 • The True Purpose of Business and Life
April 12-14 • Business as a Path of Awakening
April 19-21 • Optimal Workplace Cultures
May 5-10 • Be Present Empowerment Model®

INTEGRAL PRACTICES

Feb 17-22 • Moving Through Personal Edges
March 15-17 • Experiencing Esalen
April 5-7 • Friends of Esalen Heritage Weekend
April 12-14 • Transformative Affirmations
April 19-21 • Running a Retreat Center

Check out this season’s PARTNER PROGRAMS

Social Venture Network
Inspiring and supporting innovation and influential social entrepreneurship.
• Optimal Workplace Cultures – The Ideal Blend of Success, Satisfaction and Spirit, p. 66.

The Milton H. Erickson Foundation
Promoting and advancing Erickson’s contributions to the health sciences.
• Self-Hypnosis: Learning and Teaching Hypnosis, p. 37.
• Foster Natural Mind-Brain Change Effortlessly, p.44.
• Meditative Hypnosis – Effortless Mind-Brain Change, p. 64.

Presidio Graduate School
Reimagining higher education for a more just, prosperous, and sustainable world.
• Leading Beyond Sustainability: The New Intersection of Commerce and the Commons, p. 28.

The Business Alliance for Local Living Economies
Creating a global system of human-scale, interconnected local living economies that function in harmony with local ecosystems.
• Transformative Leadership in the New Economy, p. 38.

International Alliance of Healthcare Educators and The Upledger Institute
Offering light-touch therapy training programs, information, and products.
• The Brain Speaks 1, p. 39.
• CranioSacral Therapy 1, p. 86.

Kripalu Center for Yoga & Health
Exploring the yoga of life.
• 200-Hour Kripalu Yoga Teacher Training, p. 43.

HEALTH / HEALING
Jan 25-27 • Nine Pillars of Resilience and Success
Feb 1-3 • Learn to Tap: EFT for Everybody
Feb 3-8 • Emotional Freedom Techniques Training
Feb 3-8 • Ten Steps to Natural Vision Improvement
Feb 15-17 • Spiritual Massage: Lightbody Infusion
Feb 15-17 • Qigong and Inner Alchemy
Feb 17-22 • Spiritual Massage and Shaman Ways
Feb 24-March 1 • Embodiment, Meditation
March 1-3 • Anatomy Trains® and Fascial Fitness
March 8-10 • Transitioning to Gluten-Free
March 10-15 • Improve Cooking for Health and Vitality
March 29-31 • Gestalt Body Process Psychotherapy
April 21-26 • Land of Milk and Honey
June 23-28 • Inner Power Qigong
In this section, we highlight a few of the programs we are especially excited about this season, so that you can learn a bit more about our faculty and their specific areas of expertise. Enjoy!

Yeshi Neumann

“Ten years ago, shortly after my first granddaughter was born into my own hands, another dimension of my life’s calling emerged,” writes Yeshi Neumann. “I was inspired by a historic gathering in upstate New York of elders from five continents who came together to form The International Council of 13 Indigenous Grandmothers. The Grandmothers believe that their ancestral ways of prayer, peacemaking, and healing are vitally needed today. They come together to nurture, educate, and train their children...to defend the Earth herself.

“The mission of these Grandmothers encouraged me to create a Conscious Grandmothering project to shine the light on what it means for each of us to be a grandmother. We forty million grandmothers in the United States are a unique historical cohort with enormous potential to make a positive difference for our families, our communities, and our Mother Earth. There has never before been such a critical mass of older women with educations, traditions of social activism, the ability to make a living, means to communicate with our computers, and for some of us, access to financial resources.

“Being a conscious grandmother is not about being the perfect grandmother, it is about grandmothering in a way that is consistent with our deepest aspirations and celebrating each other and ourselves along the way! My own deep aspiration for my Conscious Grandmothering workshop is to bring together a great diversity of grandmothers with different life experiences in order for us to be enriched and transformed by one another’s wisdom.”

Yeshi Neumann will also offer Healing Family Relationships across Generational, Cultural and Other Differences. Through self-compassion, aware intention, and courageous communication, participants in this workshop can move toward healing family wounds.


David Presti

“Among the most profound questions we can ask are certainly these: who are we as conscious human beings, and how do we relate to everything else we think we know about the universe? There are many approaches to these questions, and I come at them from the perspective of contemporary science.

“As a college student in the US Midwest, I studied physics, chemistry, and mathematics. I also read books on philosophy, including many by Alan Watts, who wrote lovingly of Esalen. I hadn’t yet been west of the Rocky Mountains, but when it came time for graduate school, I wanted to go to California.

“In graduate school at Caltech, I studied astrophysics, then switched to molecular biology in order to learn about living organisms and be better prepared to somehow pursue the scientific study of consciousness. From doing microbial molecular biology, I transitioned into neurobiology, then experimental and clinical psychology. During the 1990s, I worked as a clinician at the Veterans Administration Medical Center in San Francisco, treating drug and alcohol addiction and war-related post-traumatic stress.

“For twenty-two years I have been on the faculty at the University of California in Berkeley, and for the last fifteen years I have been teaching workshops at Esalen on the science related to mind and consciousness. I believe that a deeper understanding of the nature of mind will provide additional evidence for vast interconnectivities in the natural world, and that this will contribute to greater compassion and respect among humans. It is a privilege and delight to continue the exploration of these issues in the nurturing educational and transformative environment of Esalen.”


Bob Doppelt

From the climate emergency to the breakdown of the economy, it’s clear that the “all you can eat” era of humanity is over. Yet we can’t seem to change our ways. How can we update our own thinking and behaviors, and motivate other people, organizations, and society itself to address today's interlinked ecological, social, and economic challenges? Bob Doppelt has been asking these
questions and exploring solutions for more than thirty-five years. Doppelt’s interdisciplinary passions — ecology, counseling psychology, and Buddhism — focus on the same dynamics: the consequences of failing to account for interdependencies. He has strived to integrate the core truths of these fields throughout his life, beginning with his outdoor leadership experiences camping and mountaineering in the wild for months at a time. Since 1996 he has directed The Resource Innovation Group, a global climate change and sustainability education, research, and technical assistance organization now affiliated with the Center for Sustainable Communities at Willamette University, in Oregon. He also teaches at the University of Oregon. Doppelt is a river outfitter, orchardist, activist, teacher, researcher, consultant, and author. His background leads him to conclude that only by changing our assumptions and beliefs can we resolve climate disruption and many of today’s other pressing problems. During Doppelt’s Esalen workshop, experience the unique synthesis of ideas and practices he presents as a way through these challenging times.

See From Me to We: The Change Required to Rescue the Planet and Your Life, March 8–10.

Michael J. Gelb

“Leonardo da Vinci was one of my childhood heroes, along with Superman,” writes Michael J. Gelb. “I remember the powerful moment when I discovered that Superman was only a comic book character, but Leonardo was real. As I learned more about Leonardo, it became apparent that he has become an archetype of the highest expression of human potential. Driven by my passion to realize my own potential — first by studying psychology and philosophy, then studying the world’s spiritual traditions with J.G. Bennett and becoming a teacher of the Alexander Technique — I was inspired to ask a simple but powerful question: What can we learn from Leonardo to enrich our lives?

“This question led me on a quest. I visited the place of Leonardo’s birth and the place where he died. I walked in his footsteps and aimed to see the world from his point of view. I pored through his notebooks and all the scholarly works I could find about his life and work. I interviewed leading Da Vinci scholars and experts on the Renaissance. I began dreaming about Leonardo, and from those dreams, seven principles emerged. The seven principles are supported by practical activities, exercises, and methods that I have drawn from the Da Vinci notebooks, in which he gives very useful advice on how we can be more creative, fulfilled, and happy.

“My intention in writing How to Think Like Leonardo da Vinci was to make his wisdom and example more accessible to contemporary students. I sense that Leonardo would be very pleased that we are exploring the application of his wisdom in the beautiful setting that is Esalen.”

See How to Think Like Leonardo Da Vinci, March 29–31.

Amy Weintraub

Amy Weintraub’s journey to become a pioneer in the field of yoga and mental health began with a very rough period in her life. After years of meditating and watching depression visit again and again, she began a daily yoga practice. She says, “I came to my first yoga teacher training in 1992 to deepen my own sadhana (sanskrit for spiritual practice). I left with a passion to share with others the practice that had literally saved my life and had slowly helped me live a life free of medication for depression.”

Now she offers professional trainings and workshops internationally, and is involved in ongoing research on the effects of yoga on mood. “The practice of yoga can help us stay connected with ourselves emotionally. It allows us to witness what is arising in the body-mind with less reactivity, so we are able to respond to life’s challenges without reacting to them.” Many of the ancient, evidence-based yoga practices Amy teaches do not require a yoga mat and are perfect for a clinical setting. “When we practice yoga, we feel more spacious within, and more connected to others. This is the antidote to the separation we feel when we’re depressed. It’s not surprising that we have this subjective experience of reconnecting with ourselves and with others, because that’s exactly what’s happening bio-chemically.”

See LifeForce Yoga® to Manage Your Mood, May 10–12.
Esalen Massage is a moving meditation, a dance of awareness between practitioner and recipient. Created and developed over the past fifty years by Esalen practitioners, its signature long, flowing strokes are inspired by the waves of the Pacific Ocean. Join us this season to become an Esalen Massage practitioner.

January 4–February 1, 2013

28-Day Esalen® Massage Practitioner Certification Training
Brita Ostrom, Jessica Fagan & Rob Wilks, with Geno Romano

This course is designed for those who plan to professionally practice massage or another body-mind discipline. It also provides an in-depth experience in bodywork as an aspect of transpersonal growth, offering the big picture of the Esalen approach: massage skills, integrated spirit-body-mind, continuous presence through sensory awareness, psychological savvy, relevant anatomy and physiology, self-care, and professional acumen.

Through lecture, demonstration, and visual aids, students will study massage as a holistic approach to optimal health and functioning. The course offers 175 hours of comprehensive massage basics, including brief anatomical/physiological explorations linking each segment. Students will have ample time for guided practice with each other, emphasizing body mechanics, self-care, and innovation.

The massage curriculum includes centering skills, lengthening integrative stroke methods, draping, detailed structural work, movement, and stretches, all combined with an energetically balanced approach to massage. Students will be instructed in methods for communicating clearly and compassionately, and in ethical principles and business organization and other aspects of bodywork, as required by the California Massage Therapy Council (CAMTC) certification requirements. This certification training is open to nonprofessionals and professionals, and is applicable for those in the health care professions. For newcomers to the field, it provides a foundation from which to grow; and for those already certified in other modalities, it offers a fresh approach for practitioners and their clients.

Upon satisfactory completion, and after documenting thirty additional massages at your home site, a State-Approved Certificate of Completion for 175 hours will be issued. The certification fee is $115. Students seeking to fulfill the 250-hour CMTC Certified Massage Practitioner Certification can add on seventy-five hours of additional bodywork coursework (for example, three 5-day courses) at Esalen for a total of 250 hours. Esalen is an approved school by the Bureau for Private Postsecondary Education (school code 2700571).

This is a professional training with limited admission. Please request an application form by sending an e-mail to 28day@esalen.org or calling 831-667-3005.

Tuition is $5155 for standard shared accommodations and $3885 for a limited number of work scholarship bunk-bed accommodations. Other scholarship assistance may be available.

(Additional $10 materials fee paid directly to the leader)

CE credit for bodyworkers; CE credit for nurses. See page 113.

Jessica Fagan, a member of the Esalen massage staff, is a dancer and performer who is deeply immersed in the practice and teaching of Eastern and Western somatic therapies as well as Vinyasa yoga.

Rob Wilks is a full-time bodywork practitioner and yoga teacher at Esalen. He specializes in Deep Bodywork®. He has taught experiential leadership education in the US and Eastern Europe.

Brita Ostrom has led massage and somatic workshops at Esalen and internationally for more than 40 years. She is a founding member of the Esalen Massage School, practices Gestalt awareness work, and participated in Esalen’s two-year somatic education program. She is also a licensed psychotherapist.

Esalen is approved by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) and the California Department of Post-Secondary Education as a provider of basic massage trainings and continuing education. The Esalen Massage and Bodywork Association offers membership and similar coursework worldwide. Please visit www.esalen.org/info/massage.html for full details.

For a list of all weekend and five-day massage workshops, see page 4.
Week of December 30–January 4

Re-Wilding the Future: Soul, Imagination and a New Planetary Era
Bill Plotkin & Geneen Marie Haugen

In the liminal time when one year morphs into another, we often anticipate change; the final days of 2012 are especially saturated with both uncertainty and possibility. Whether or not we believe the astrological implications or mythic prophecies about 2012, most of us experience this time as unpredictable and susceptible to radical change. Much is in flux: economy, government, climate, consciousness—the stories we live by. For some, this may feel more destabilizing than welcome; for others, the unknown future buzzes with possibility. How might we participate with the archetypal potentials—evolutionary and revolutionary—of one era’s end and another’s beginning?

Reclaiming our own wilder psyches, which overflow with endless creativity, ecological genius, and emergent possibility, is a necessary prelude to re-wilding the future. To this end, we’ll evoke non-ordinary consciousness in multiple ways: conversations with nature; approaching the world as if everything is animate and intelligent; attending our deepest allurements; and listening for the voices of future ones who, even now, call for our forward-seeing imagination and activism. Our practices will draw from council, dreamwork, nature-based ceremony, expressive arts, and solo time on the land. We’ll invite what Thomas Berry calls “the wild fertile forces of the planet” to nourish both the wild human psyche and a future filled with wildly fertile possibility.

Please join us for experiential re-wilding in the auspicious atmosphere of Esalen at the auspicious end of 2012. Where else would you rather be?

Bill Plotkin, founder of Colorado’s Animas Valley Institute, is a depth psychologist, wilderness-based soul guide, and agent for cultural change. Author of Soulcraft and Nature and the Human Soul, he has guided thousands of people through initiatory passages in the underworld of soul.

Geneen Marie Haugen is a writer, wilderness explorer, scholar, and guide to the intertwined mysteries of nature and psyche. Her work appears in Thomas Berry: Dreamer of the Earth, among other places. She is apprenticed to the world-transforming potential of human imagination in concert with Earth/cosmos.

The Natural Singer
Claude Stein

Come and celebrate the awesome healing power of your voice. Whether you already sing or have always wished you could, this exciting workshop can change your life.

During this week, you will be shown how to find and use your true, natural voice. There will be great individual attention with exercises to relax the throat, build confidence, increase range, sing in key, and project with power. Then, using favorite songs, participants will develop the extraordinary gifts we are all born with. The results can be simply amazing as each of us, no matter what level we’re at, triumphs over the physical, emotional, and psychological issues that limit us—even if you’ve never been able to carry a tune!

You can find confidence through the gentle whisper of a lullaby, release emotion with the cry of the blues, or rekindle your passion with a driving rhythmic chant. No special talent or previous experience is necessary. Whether you already sing in public and want to take the next step, or you just want to hit the notes when you sing in the car, you’ll find yourself communicating freely and singing like you’ve always wanted to.

Therapists, coaches, and workshop leaders will also find the techniques valuable for use with their clients.

Note: Bring instruments, CDs, and songbooks if you like.

Claude Stein has 35 years of experience blending psychology and voice training. His clients include RCA, Warner Bros., Sony, Atlantic, Island Records, Julliard, Harvard Medical School, the Actors Institute, Sprint, Siemens, and JP Morgan.

Shadow Yoga: Stepping Into Strength—Balakrama Prelude
Scott Blossom & Chandra Easton

Shadow Yoga is a Hatha yoga system that employs warm-ups (dasha and jiva chalanam) and dynamic stances to prepare the practitioner for the seated practice of asana vinyasa. Dynamic stance work strengthens the legs, bones, and marrow, and serves to free the circulation of the life force in our limbs.

The first of the Shadow Yoga preludes, Balakrama is a dynamic bone strengthening form, which actively engages one’s center (navel region), hands, feet, and breath. This prelude removes marma (energetic obstructions) from the legs and pelvis to free the downward flow of prana, detoxify the blood, and strengthen the lungs.

Students will also be introduced to traditional primary asanas (seats) and their appropriate vinyasas (sequences) to further refine the circulation of the life force through the hips and spine, strengthen respiration, and enkindle the agni (internal fire).

To learn more about Scott and Chandra and to watch a video of the Shadow Yoga warm-ups, visit www.shunyatayoga.com

Scott Blossom is a Traditional Chinese Medical practitioner, Shadow Yoga teacher, and Ayurvedic consultant. He has studied yoga for more than 18 years and taught for 12. His primary teachers are Zhander Remete, founder of Shadow Yoga, and Dr. Robert Svoboda, Ayurvedic physician and scholar. www.shunyatayoga.com

Chandra Easton studied Buddhist philosophy, meditation, and Tibetan language at the Library of Tibetan Works and Archives in Dharamsala, India, and translated Tibetan Buddhist texts on meditation with B. Alan Wallace. Chandra has taught meditation and yoga since 2001. www.shunyatayoga.com

New Year’s Meditation: Opening the Mind, Awakening the Heart
Shauna Shapiro

The winter solstice and New Year’s Eve is a potent time to reflect, renew, and invite our deepest intentions for the coming year. Meditation offers a profound opportunity to focus inward, and to deeply connect with oneself, create intentions, and reflect on life values and aspirations. This darkest season is the prelude to a return of the light. It is a perfect time to cultivate the heart, body, and mind through meditation practices that open us to our deeper experiences of love, compassion, joy, and wisdom.

During this retreat, we explore the simple but profound practice of mindfulness as the foundation of living a fully embodied, joyful, and awake life. We will engage with the rich, sensual experience of Esalen, the sounds and beauty of the ocean, and the wonder and profound richness of our moment-to-moment experience. We will also engage in mindful movement practices and practices of metta (love), karuna (compassion), and mudita (joy). We will learn about the revolutionary research in mindfulness and neurobiology that illustrates the profound impact meditation can have in cultivating greater health and wellbeing in our lives. Out of this depth of connection, we will set clear intentions and aspirations for the New Year.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Shauna Shapiro, clinical psychologist and associate professor at Santa Clara University, researches mindfulness meditation and has published more than 60 articles and co-authored The Art and Science of Mindfulness.

**Weekend of January 4–6**

**The Shared Heart New Year’s Retreat for Couples**

Joyce Vissell & Barry Vissell

Imagine your relationship expressing the true depths of your love and commitment. If you are in love, this retreat is an opportunity to rise even higher in love. If you are in crisis, it is an opportunity for healing on the deepest level. We all carry some degree of negative programming from our past, and there are loving and effective ways to transform this programming into a positive and vibrant celebration of our connection.

During this workshop you will experience exercises and practices for you to do with each other, therapeutic coaching of each couple by the Vissells, the support of other couples, and time for sharing after each practice.

Participants are given tools for deeper appreciation and communication building, including healthy communication of feelings, our partner as a mirror, understanding and respecting each other’s differences, conflict resolution, healing past hurts, sexual wellness, inner child/inner parent, taking responsibility, and developing a true inner connection. For more information, visit www.SharedHeart.org.

Recommended reading: Vissell and Vissell, Light in the Mirror and The Shared Heart.

CE credit for MFTs and LCSWs; see page 113.

Joyce Vissell is a masters-level nurse/psychotherapist who, with her husband Barry, founded the Shared Heart Foundation dedicated to changing the world one heart at a time. Together they write a syndicated column for 80 periodicals worldwide. www.SharedHeart.org

Barry Vissell is a psychiatrist who, with his wife Joyce, practices the medicine of unconditional love worldwide. He and Joyce have coauthored many books, including The Shared Heart, Models of Love, Meant To Be, and A Mother’s Final Gift, among others. www.SharedHeart.org

**iRest® Yoga Nidra Retreat: Resting as Love and Opening into Intimacy**

Kelly Boys

Many of us are passionate about our work and love what we do, but we need a timeout to deeply rest and rejuvenate, and to listen with no agenda to the way life wants to express itself in our relationship with ourselves and others. What better time than the beginning of a new year to join Kelly Boys in a relaxing weekend of guided meditation experienced in a restful savasana (lying-down) position? We will explore the following questions:

- What does it mean to rest deeply as Love?
- What are the blocks that keep me from resting as Love and having a fully intimate relationship with myself and those around me?
- How would it feel to open into intimacy with myself and others in a deeper, more grounded, and authentic way?
- How do I listen from a place of spacious openness, to what life may be asking of me?

We will explore these themes through meditation, dyad exercises, and authentic movement.

Recommended Reading: Miller, Yoga Nidra.

Kelly Boys is a certified iRest® Yoga Nidra teacher and is the director of operations for the Integrative Restoration Institute. She has taught iRest to veterans with PTSD, the incarcerated, cancer survivors, and those with substance abuse addictions. www.kellyboys.org

**Designing the Life We Want: Self-Renewal in the New Year**

Mark Nicolson

You have never been where you are today. You have never been the age you are today, or had the experience you have today. The river of life flows and we find ourselves in places we have never been before. At times, you must pause and reflect: Have you created the life you want? Are you going in the right direction? Are you who you want to be?

Rarely, however, do we allow ourselves the time to stop and look at what is changing and what will prepare us for the next phase. Drawing on psychological principles and ancient wisdom traditions to guide us, we will create a unique environment in which peers can come together for a rare opportunity of deep personal learning and exploration. Our goal is renewing the self, and designing and creating the year and the life we want.

You will develop a set of tools, practices, and intentions as a foundation for the next year and next stage of life. Together we will create a supportive community to make this experiential workshop safe, enlivening, and nurturing.

CE credit for MFTs and LCSWs; see page 113.

Mark Nicolson is an organizational consultant based in Silicon Valley, California. He specializes in leadership development and in the effectiveness of teams and organizations. He is also the co-founder of Ventana Group, LeadershipDNA, and the Tutu Peace Ambassadors.

**Love Yourself—For Everyone Else’s Sake**

Mark Abramson

This workshop directly challenges the confusion surrounding the issue of self-love. Selflove is the most altruistic of all practices. When you are free to be kind and loving to yourself, the world and all the people in your life are touched. This workshop is an experience of two trainings taught at Stanford University Medical Center. As director of Stanford’s Mindfulness-Based Stress Reduction Program, Dr. Mark Abramson has modeled his work after Jon Kabat-Zinn’s program (featured on Bill Moyers’ PBS series Healing and the Mind). He has also established a new program at Stanford called “Love Yourself—For Everyone Else’s Sake.”

Incorporating the latest research on mind/body medicine, this workshop introduces practices that create a profound physiological wellbeing, plus the heartfulness to transform emotional states and unleash the great potential for deep healing of the body. The goal is to learn how to use the awareness and mindfulness practices to experience your own love in a peaceful, healthy body.

According to Mark Abramson’s studies, this work has been shown to create an increasing experience of gentleness, kindness, and respect for oneself and others. While the practices are especially helpful for people experiencing emotional or physical concerns, the universality of the experience makes this program valuable for all. It is especially useful for psychologists and others in the helping and healing professions in working with their patients and clients.

CE credit for psychologists; see page 113.
Mark Abramson is part of the Stanford Center for Integrative Medicine and heads Stanford’s Mindfulness-Based Stress Reduction Program. He teaches at Stanford’s School of Medicine and is on staff at Stanford Hospital.

Relational Gestalt Process: The Transformative Power of Emotion

Dorothy Charles & Eric Erickson

Each of us finds our true selves through our emotions. In order to become whole, we must discover how our experience is organized in limiting, unconscious patterns and through that process, learn how to organize our experience in new ways.

When we begin to expand and integrate a broader range of emotions, we move toward wholeness because the ability to experience and to express emotions is integral to the experience of aliveness. Learning to fully experience feelings and to be able to articulate them in healthy, meaningful ways enables us to have more pleasurable and fulfilling relationships.

This experiential and didactic workshop will blend individual and group Relational Gestalt work. The intention of Relational Gestalt Process is to expand emotional range by feeling, expressing, and building emotional tolerance in order to strengthen our relationships. We will experiment with tracking our emotions, learning to recognize them as signals that call for awareness and attention, rather than as something to be avoided.

Dorothy Charles has been a student and teacher at Esalen since 1982. A student of Esalen cofounder Richard Price, she combines Esalen body-centered Gestalt with relational Gestalt theory, and leads workshops in Asia, Europe, and the US.

Eric Erickson has lived and worked at Esalen for more than 25 years. He was a student in Gestalt with Richard Price, Esalen cofounder, and has written a biography of him.

Week of January 6–11

The I in the Storm: Bringing Self Leadership to Everyday Life

Richard Schwartz

Mystical traditions agree that beneath our protective layers lies a Self, an un tarnished essence from which flows healing, spiritual energy, and wisdom. Most of us rarely live from that state because, through life experiences, parts of us have absorbed extreme emotions and beliefs that not only obscure our Self but also govern our daily lives. This workshop offers participants the opportunity to learn and experience concrete ways to help those parts trust that it is safe to remain in the calm, confident, and compassionate state of self leadership, not only during meditation but throughout the day, even in the face of strong provocation.

Richard C. Schwartz is a systemic family therapist and an academic. Schwartz developed the Internal Family Systems model (IFS) and founded the Center for Self Leadership. A featured speaker for national professional organizations, he has published five books and more than fifty articles about IFS.

Mindful Self-Compassion: Core Skills Training

Christopher Germer & Kristin Neff

How do you typically react to difficulties in life such as work stress, rejection, physical problems, or financial hardship? As human beings, we instinctively fight uncomfortable experi-
ience and find fault in ourselves when things go wrong. But what would happen if, instead, you took a moment to comfort and soothe yourself when you felt bad—like you’d do for others? Self-compassion is a skill that can be learned by anyone. It’s the heart of mindfulness. Research has shown that self-compassion boosts happiness, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. And it’s easier than you think.

This workshop provides essential tools for living a happy, fulfilling life.

You’ll be taught how to:
• Stop being so hard on yourself
• Handle difficult emotions with greater ease
• Motivate yourself with kindness rather than criticism
• Transform your relationships, old and new
• Practice mindfulness and self-compassion exercises for everyday life
• Be your own best teacher

This workshop is an intensive form of the 8-session, empirically-supported Mindful Self-Compassion (MSC) training developed by the teachers. All are welcome. This program is especially useful for health care professionals.

Participants may wish to further deepen their self-compassion practice in the subsequent meditation retreat (January 13-18) with Chris Germer and friends.

Recommended reading: Germer, The Mindful Path to Self-Compassion; Neff, Self-Compassion.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for bodyworkers; see page 113.

Psychologists in Massachusetts, please see leader.

Christopher Germer is on the faculty of Harvard Medical School and the Institute for Meditation and Psychotherapy. He is a co-editor of Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy, and author of The Mindful Path to Self-Compassion. www.MindfulSelfCompassion.org

Kristin Neff, PhD, is an associate professor of human development at the University of Texas at Austin. She is a pioneering researcher into the psychological health benefits of self-compassion. She is also the author of Self-Compassion.

Songwriting: Catch and Release

Cris Williamson

What’s in a song and how do I write one? “A song is a made thing, and is most often composed of words, melody, rhythm, and a shape that holds them all,” writes Cris Williamson. “We will write every day. We will explore different ways of writing, which will allow you to access your inner river of thoughts. We will catch words from that river, fasten them to the page, and add music to allow a song to emerge. We will employ a combination of solo and group writing. A compressed style of writing can enable us to be more aware, to be better listeners, and to realize that songs live everywhere. We must capture them and set them free.

“You do not need to be a musician or writer to take this workshop. Anyone can do this, and I will show you how. Not only can you do this, but you can be good at it. We all start with baby steps and grow before our own eyes. This is deeply beautiful work, hard and so much fun. Everyone is invited. There is so much joy in this endeavor.”
Bring a small tape or digital recorder, a thesaurus, dictionary, and rhyming dictionary if you have one. Bring an instrument if you play one. You may also bring works-in-progress and Cris will help you bring them to completion.

Cris Williamson’s body of work includes more than 30 albums. Recognized by Performing Songwriter Magazine as one of the decade’s most influential songwriters, her groundbreaking record, The Changer and the Changed, remains a best-selling independent record.

Drawing on the Right Side of the Brain

Lynda Greenberg

For many, drawing seems to be a mysterious process reserved for the “talented” few. Drawing on the Right Side of the Brain debunks this myth.

Welcoming students who are convinced they have little talent for drawing and those who wish to expand their current artistic abilities, this workshop offers an intensive combination of discussion and studio exercises. The class is designed to awaken the perceptual skills for drawing with confidence.

Based on the pioneering work of Dr. Betty Edwards, Drawing on the Right Side of the Brain invites participants to see and think differently by tapping into the non-verbal (non-dominant) side of the brain. Set in Esalen’s Art Barn on a cliff overlooking the Pacific Ocean, this workshop will provide students with a host of stunning views to draw and contemplate. In a carefully sequenced process, participants will explore the strategies of seeing that will enable them to draw with a high degree of skill. By workshop’s end, participants will have finished drawings and gained new thinking strategies to help enhance their general problem-solving capacity.

Please register early; enrollment is limited to twenty. A materials list will be sent upon registration. All exercises will be preceded by demonstrations and followed by assessments of individual progress.

Recommended reading: Edwards, Drawing on the Right Side of the Brain.

($15 materials fee paid directly to the leader)

Lynda Greenberg has been practicing art for thirty years and holds a Master of Fine Arts degree. She teaches at Antelope Valley and Harbor colleges, among others. She was trained by Dr. Betty Edwards, author of Drawing on the Right Side of the Brain.

Practicing Presence through Body-Centered Awareness

Patrice Hamilton

Our bodies are our greatest resource and provide a direct path for exploring our unconscious, limiting beliefs, and the emotions tied to them. The issues are in the tissues. By increasing awareness of our bodies, we connect with the here-and-now, where change and growth are possible. Habitual beliefs and behaviors formed early in life lead to habitual ways of responding that limit life experience. When we learn to recognize the ways we have organized ourselves around these beliefs we can discover that there are other choices available. Through mindfulness, movement, and contact with others, we can create new habits.

This experiential class blends the slow, developmental movement of Cortical Field Reeducation (CFR) with Gestalt Practice and the Hakomi method. These awareness practices can facilitate the release of physical restrictions and suppressed emotions as well as a greater understanding and felt experience of the connections between mind and body. You can emerge from this workshop feeling more grounded and comfortable in your body, more empowered, and more able to fully express yourself in the world. All you need is willingness to explore with curiosity and compassion. Join me as we explore what is possible!

CE credit for bodyworkers; see page 113.

Patrice Hamilton has worked in the fields of education and counseling for more than 20 years. She holds an MEd in counseling, is a certified Cortical Field Reeducation practitioner and teacher, a certified Hakomi Practitioner (The Refined Method), and is trained in Esalen Massage.

A Time to Reflect
A Self-Directed Esalen Immersion

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way. Deeply nourish your body, mind, heart, and soul through beautifully prepared and healthy meals, daily yoga and movement classes, the hot springs and massages, time in the meditation center, tea with new friends, or even an evening program, lecture, or open workshop session, when available. Space in the program is limited, so we recommend you register early.

We recommend that you bring the following: journal, digital camera, art supplies, hiking/walking shoes, a good book, and a map of the Big Sur coast. A discounted workshop fee applies. Please contact Esalen Reservations for details.

Week of January 11-18

Dream Dance: 5Rhythms® and Gestalt Awareness Practice in the Land of Imagery

Andrea Juhan & Christine Price

Dreams form a wild, creative landscape within our minds each night. There are dreams that haunt us throughout the day, those that wake us with a start, others we will always remember, and many we forget altogether. We have found that exploring and embodying dream images can open the door to an inner world, bringing us understanding and wisdom otherwise lost.

Dreams offer us ways to integrate disowned parts of ourselves, complete unfinished situations, explore the unknown, and recognize choices. The Gestalt approach sees every dream image and situation as a chance to meet ourselves and our lives. Movement gives us an embodied vocabulary to “enter the dream” through shape, rhythm, and movement.

Our investigation will include didactic presentation, movement exploration, and Gestalt awareness practices in different combinations each day. Participants need to bring a willingness to move as well as dive into words, alone and in partnership.

Stimulate dream recall by keeping a dream journal prior to the workshop. Record dreams, however brief or vague: images, plot, and sensory awareness. Participation does not rely on an abundance of dreams but does require interest in imagery as a door to self-exploration. Prior work with Andrea and Chris is encouraged but not required. This workshop has longer hours than a usual Esalen workshop. Learn more about Andrea Juhan by visiting www.OpenFloor.org. Learn more about Chris Price by visiting www.TribalGround.com.

CE credit for MFTs and LCSWs; see page 113.
CE credit for bodyworkers; see page 113.

Andrea Juhan, PhD MFT, balances the catalytic nature of the 5Rhythms® with a finely tuned therapeutic instinct. Her teaching style is both lively and challenging, creating a field where participants are inspired and supported to pursue their own growth.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
Christine Stewart Price is a teacher and ongoing student of Gestalt Awareness Practice and other approaches to developing awareness.

**Weekend of January 11–13**

**Awakening the Heart**

Joe Cavanaugh

The tragedy of life is what dies inside a man while he lives.  
—Albert Schweitzer

We are born with an abundance of creative energy, vitality, and aliveness. Yet, simply by living in an imperfect world, we have all experienced some degree of wounding of the heart, causing us to retract our love to protect ourselves against further hurt. We then develop strategies to survive in a world of uncertainty and change. These defense strategies, once essential for our survival, now simply perpetuate our own suffering while further alienating us from who we really are. Through personal and interpersonal processes, including Gestalt, psychodrama, meditation, and other self-awareness tools, this workshop is designed to assist participants in identifying and working through their own self-imposed limitations and thus reclaim the true identity of their authentic selves. This requires the courage to awaken the heart from its slumber (from Latin, courage or means heart!) and embrace life to its fullest, including the full range of our human emotions. This, once again, opens us up to the wellsprings of joy and gratefulness (great-fullness) that comes naturally from just being fully alive.

Prerequisite: Be willing to attend all sessions and abstain from alcohol and non-prescription drugs for the duration of the workshop.


**Beyond the “Revolving Door”: Gestalt Relational Constellations**

Gordon Wheeler & Nancy Lunney-Wheeler

Do you ever feel like certain issues in your life come around again and again, across different situations and relationships? In Gestalt Relational Constellations (GRC) we take a fresh look at the hidden attachments and systemic dynamics that underlie all of our issues (“stuck” and fluid areas alike). Starting with the personal concerns of participants and using the experience of the whole group, we “drop below” the oft-told story, reaching the level of our fondest dreams and heart’s desires. From there we launch a new experiment into what really holds us back, locating new support and new possibility for a creative new move—often in surprising and under-used places.

GRC grows out of the pioneering work of Bert Hellinger and his followers, with the addition of a deep Gestalt commitment to embodied experience, support, and steady focus on the client’s own goals and dreams as our guide. GRC may be used to explore underlying dynamics of any issue—family of origin, current family system, interpersonal or work issues, or even such “internal systems” as important decisions or crossroads in our lives.

**Esalen® Massage Weekend**

Char Pias & Silvia Guersenzvaig

This weekend offers the opportunity to replenish spirit and reconnect to the healing power of nature, while learning how to give an effective and pleasurable Esalen Massage.

Through brief lectures and demonstrations, and with plenty of personal supervision of hands-on work, the workshop will present essential tools and information that can easily be applied. The principle elements of bodywork, including breath awareness, grounding, movement, and quality of touch, will also be introduced and practiced, creating a firm foundation for learning massage. Participants will also have time to enjoy the healing waters of the natural hot springs and the magical beauty of the Esalen grounds.

**The Power of Purposeful Writing—Writing Practice for Balance and Creativity**

Suze Allen

The pen can be a machete carving a trail through life’s overgrown jungle. Writing is a simple but mighty tool that is accessible, inexpensive, and immediate. A daily practice keeps you sane, centered, and creative. The physical act of writing, without over-thinking, allows your brain to empty into your hand and onto the page, seamlessly. Writing captures a happy time, soothes an angry heart, releases you from struggle, plumbs the depths to remember who you are, offers clarity in an overwhelming moment, charts a course of action, serves as a record of where you’ve been, or creates a goal to orient you to your internal Guiding Star. You will be shown practices that keep the internal evil editor at bay and get you writing. Find balance and creativity through a series of writing prompts, exercises, oral writing, guided meditation, free writes, readings, and forays into the inspirational beauty of Esalen. Purposeful writing keeps you in touch with yourself while you’re on the wild mythical ride called life.

Suze Allen is a writer, editor, and coach. She is the owner of Manuscript Mentor, the creator of Mamaalogues: Writing Workouts for Mamas, and coauthor of The Time-Starved Woman’s Guide to Emotional Wellbeing, with SD Shanti. www.manuscriptmentor.com and www.timestarvedwoman.com
Char Pias, a member of the Esalen massage staff since 1980, teaches internationally, focusing on bodywork’s energetic, emotional, and spiritual aspect. She is a Reiki teacher, a Circle of Life facilitator/coach, and a licensed graduate of The Center for Spiritual Healing.

Silvia Guersenzvaig is a certified Esalen® Massage teacher. Astrologer and educator since 1977, she counsels internationally and is a bilingual practitioner and teacher of Transformational Kinesiology from Polaris International College, Denmark. She created Openstars, Somatic Astrology at Esalen in 2000.

**Week of January 13–18**

**The Breath as a Tool of Transition: Yoga in Our Daily Life**

**Thomas Michael Fortel**

Long, slow, conscious breath has the ability to stabilize and quiet the fluctuations of the mind. Concurrently, the breath can act as a medium through which we are able to connect to the formless dimension of being, to the invisible realms of spirit and soul. Whether we are in the yoga room, changing jobs, or dealing with a shadow facet of ourselves, the conscious breath can serve as an amazing tool of transition—it can calm us down in the corridors of change. We practice the breath in pranayama and asana and nervous system becomes an open door to integrate conscious breathing in our daily lives. What begins as a support for calming the mind can serve as an amazing tool of transition—it can calm us down in the corridors of change.

This class allows more time for individual feedback from the instructor. The leader and participants will devote time to creating awareness of each person’s unique energetic way of working, and explore how to put more of themselves into their fulcrums. Students will advance their ability to work with expanded states of consciousness, and a premium will be placed on individual personal growth. This workshop is also appropriate for health professionals.

**Prerequisite:** Core Zero Balancing I.

**Recommended reading:** Smith, The Alchemy of Touch.

**CE credit for bodyworkers:** see page 113.

**Jim McCormick** trained with Zero Balancing founder, Dr. Fritz Smith. He is chairman of the board of directors and the on the faculty of the Zero Balancing Health Association. He is co-president of Cambridge Health Associates, where he practices Zero Balancing and traditional acupuncture.

**Deepening Compassion and Wisdom: An Intensive Mindfulness Meditation Retreat**

**William Morgan, Susan Morgan & Christopher Germer**

Compassion and wisdom are essential resources for living a happy, fulfilling life. Could you imagine your life without these qualities? Sometimes, however, our lives require extra compassion and wisdom, especially self-compassion, to carry us safely through illness, difficult relationships, and other emotional challenges. The good news is that we can intentionally strengthen these important qualities through mind training, such as mindfulness meditation. In this retreat, you’ll be shown core mindfulness meditation practices that expand the heart and mind.

Bill and Susan Morgan are taking a brief hiatus from their three-year meditation retreat to teach this program. It’s a special opportunity to practice shoulder-to-shoulder with leaders in the field of clinical mindfulness and self-compassion. The retreat will include a day of silent practice with the option of other quiet periods throughout the week. Everyone is welcome—beginners, experienced meditators, and anyone seeking a wider embrace of themselves, their lives, and those they care for, work with, and love. This program is also appropriate for health care professionals who want to expand their tools for patient care.

**Recommended reading:** Germer, The Mindful Path to Self-Compassion; Germer & Siegel, Wisdom and Compassion in Psychotherapy; Germer, et. al, Mindfulness and Psychotherapy.

**CE credit for psychologists:** see page 113.

**CE credit for nurses:** see page 113.

**CE credit for MFTs and LCSWs:** see page 113.

**CE credit for bodyworkers:** see page 113.

Psychologists in Massachusetts please see leader.
See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.

William Morgan, PsyD, is a clinical psychologist in private practice. He has practiced mindfulness meditation throughout his adulthood, including more than 6 years of silent retreats. Bill is a founding faculty member of the Institute for Meditation and Psychotherapy focusing on meditation training for psychotherapists.

Susan Morgan, MSN, RN, CS, is a psychotherapist in private practice and a faculty member of the Institute for Meditation and Psychotherapy. She consults with therapists on deepening therapeutic presence and has co-led retreats for psychotherapists with Bill for the past decade.

Christopher Germer bio on page 14.

Weekend of January 18–20

The Writer’s Journey: How to Write About What You Can’t Remember
Laura Davis
Many of us hold a deep dream of wanting to write. We want to understand ourselves more deeply. We want to pass our stories on to our children and grandchildren. We want to write memoir. Yet there is so much we don’t remember. Many people believe they must have perfect recall and then transcribe their memories. This stops us; we are appalled at how much we’ve forgotten, certain our memory gaps doom our writing before we begin.

This workshop will teach you how to capture the memories you do have while enhancing recollections that are vague or unclear. You will also be shown strategies for writing about those parts of your history which are impossible to know for sure. In our days together, we will create a vibrant, supportive writing community. Through creative exercises, guided meditations, and evocative writing prompts, you will learn how to transform scraps of memory into a rich written legacy. You will leave with a myriad of strategies for writing about events that happened years ago with fresh immediacy. New and experienced writers are welcome.

Laura Davis is the author of seven bestselling books, including The Courage to Heal and I Thought We’d Never Speak Again. Founder of The Writer’s Journey, she leads retreats worldwide and specializes in the use of writing as a transformational tool. www.lauradavis.net

Conquer Your Critical Inner Voice
Lisa Firestone & Joyce Catlett
Are you living the life you were destined to live, or are you living someone else’s? Are your actions based on what you truly feel and believe, or on negative programming from your past?

Lisa Firestone and Joyce Catlett, coauthors of Conquer Your Critical Inner Voice, are ready to challenge your customary ways of thinking about yourself, your relationships, and your career. The goal? To expand your boundaries and help you achieve more fulfillment in life. Based on theories and methods developed by clinical psychologist Robert W. Firestone, this workshop can help you counter negative thinking and live free from imagined limitations. Through videos, interactive discussions, and various exercises, the presenters will illustrate a number of important topics vital to an emotionally healthy existence:

Doug Ellis
To Thine Own Self Be True: Maximizing Your Opposite Strengths

Tommy Thomas

Is your leadership style creating a workplace culture of consistent respect and collaboration, or one of mistrust and drama? The success—or failure—of your company begins and ends with relationships, especially your relationship to yourself. Your effectiveness as a leader is directly related to how well you: 1. Leverage your opposite strengths; 2. Solve problems you create just by being yourself; and 3. Demonstrate your “flex-ability” to empower your employees and co-workers to be collaborative and respectful. During this workshop you will be taught how to:

• Eliminate your self-sabotaging strengths/weaknesses paradigm
• Remove unconscious barriers to your own growth
• Develop the one skill that is crucial to neutralizing potential conflict immediately

• Construct three personalized strategies you can implement immediately to strengthen all your relationships

This highly interactive and experiential workshop is designed for innovative workplace leaders who want to build a productive and respectful organizational culture. Additionally, you will also have the opportunity to complete the online Opposite Strengths Inventory and receive four personalized reports based on the results. This workshop can be especially useful for those in the helping and healing professions in their work with clients, patients, colleagues, and supervisors.

Recommended reading: Thomas and Thomas, The Power of Opposite Strengths (available by contacting accounting@oppositestrengths.com).

CE credit for nurses; see page 113.

Tommy Thomas, PhD, CEO of Opposite Strengths, Inc., is dedicated to empowering organizations to create workplace cultures where employees feel valued and find meaning in doing work that is important to them. www.oppositestrengths.com

Connection through Touch, Esalen® Massage for Couples

Dean Marson & Peggy Horan

Enjoy the serene beauty of Big Sur as you and your partner learn to give each other an effective massage. A tender touch can do wonders for any relationship by easing stress and deepening non-verbal communication skills. Emphasis will be on “hearing” with the hands, asking for what you need, and taking the time to truly nurture yourself and your partner. Sessions will include basic quieting exercises, brief demonstrations, hands-on guidance, and plenty of time for practice.

This weekend of mutual giving and receiving is for those who wish to learn the essential elements of Esalen Massage; no prior experience is necessary. Please join us for a pleasurable time of relaxation, renewal, and re-connection with your partner.

Recommended reading: Horan, Connecting Through Touch.

CE credit for bodyworkers; see page 113.

Yoga for the “Yogically Challenged”

Deborah Anne Medow

If in the past you avoided yoga classes because you were “of a certain age,” you were just too stiff, or you didn’t have a “yoga body,” this yoga workshop is designed with you in mind. In this program—for people who ordinarily wouldn’t be caught dead doing the “corpse pose”—participants are gently guided through breathing exercises (purifications), meditation, asanas (yogic postures), and bodywork practices to assist people in enfolding their bodies and their lives. He has led workshops at Esalen and internationally for more than 20 years.

Peggy Horan has been practicing and teaching massage at Esalen for more than 35 years. She has also been involved in childbirth education and has practiced midwifery in Big Sur for 15 years. Peggy is the author of the book Connecting Through Touch.

Positive Emotions Build Resilience

Linda Graham

Research has proven that positive emotions can help you skillfully undo the impact of negative emotions on mood, health, and coping behaviors. Positive emotions—joy, gratitude, serenity, interest, hope, pride, compassion, delight, inspiration, awe, love—can have wide-ranging effects. Not only do they broaden perspectives and options, helping you see new possibilities and solutions, but also they build long-term resources of deeper self-acceptance, greater collaboration and connections with others, and strengthen the brain’s capacities to learn new skills, new points of view, and new ways of being.

In this experiential workshop, you’ll practice ten simple, empirically-validated techniques that help you deliberately cultivate the positive emotions that are the direct cause of (not merely the result of) increased optimism, sense of purpose, resilience, creativity, and fulfillment. You’ll leave with tools you can use immediately to increase your positivity ratio and move you from “not so good,” or even “good enough,” to flourishing.

CE credit for MFTs and LCSWs; see page 113.


A Time to Reflect

A Self-Directed Esalen Immersion

See full program description on page 15.
body postures), and the coordination of breath and movement within the asanas. Additional emphasis is on yogic philosophy and theory.

With regular practice, yoga can strengthen, rejuvenate, and help heal the body. It can also calm the emotions, focus the mind, and uplift the spirit.

This workshop lays the foundation for a yoga practice that can be continued at home. Although the workshop is intended primarily for the more "yogically challenged," everyone is welcome. With Big Sur's coastal beauty, and the power and spirit of the Esalen land, it is easy to fall into the natural rhythm of practicing yoga. What better way to spice up your winter doldrums and turn toward the spring? Program something positive into your life: a yoga practice. Please bring a yoga mat, an open heart, and a good sense of humor.

CE credit for bodyworkers; see page 113.
CE credit for nurses; see page 113.

Deborah Anne Medow, longtime Esalen workshop leader, yoga instructor, and bodywork practitioner; teaches yoga, massage, creative movement, awareness practices, and related healing disciplines throughout the US, Europe, and Japan. She is also a certified nutrition educator, Zumba® dance instructor, and manager of the Esalen Healing Arts Department.

Week of January 20–25

The Way of the Shaman:
Nature, Power and Healing

Nan Moss & David Corbin

To the shaman’s eyes, the world around us is alive and inspired. In this introduction to core shamanism, you can learn to see with those eyes, explore the hidden worlds, and access the timeless wisdom known to our ancestors.

Through initiation into the shamanic journey, you will be taught skills of divination and healing, and can experience the shamanic state of consciousness to help awaken spiritual awareness. You will be provided methods for journeying to discover and study with your own spiritual teachers in non-ordinary reality, a classic step in shamanic practice. You will also be shown how to restore spiritual power and health, and how shamanism can be applied in daily life to help heal yourself, others, and the planet.

There will be opportunity for advanced work with the spirits of nature in Esalen’s beautiful and powerful setting. By learning from the rocks and mountains, wind and waters, and from sun, moon, and stars, shamans helped their peoples live in harmony with the universe. In a world out of balance, the way of the shaman can teach us once again how to respect nature, the earth, and its inhabitants at a deep spiritual level.

This workshop includes two Foundation for Shamanic Studies courses: The Way of the Shaman, and Shamanism and the Spirits of Nature. After completing this workshop, participants are qualified to take advanced trainings with Michael Harner and the faculty of the foundation.

Please note: Bring a rattle or drum (if you have one), a bandanna, and a pen and notebook to record your journeys.


Wild Serenity

Lorin Roche & Camille Maurine

Wild Serenity is a radically liberating, deeply revitalizing time of meditation, movement, and energy practices. The workshop explores the interplay between meditation and expression—the way that contact with the soul inspires dynamic engagement with the outer world, which in turn contributes to a rich inner life.

Meditation can be defined as paying attention to the current of life and love flowing through us and riding it inward to our essence. This is an instinctive ability, and we all can do it. We’ll alternate sitting and moving meditations that awaken the senses, soften the heart, and stretch the muscles of the mind. Learn to embrace the fullness of your nature, including vastness, vulnerability, sensuality, and surging power. What seem like obstacles—raw emotions, restlessness, desire—are actually gateways into vitality, renewal, and creativity.

Living and loving fully takes courage and all the inner resources we can muster. Drawing on four decades of teaching and thirty years of relationship, authors Maurine and Roche share their experience with humor and compassion. If you want to tap into more joy and inspiration and create more intimacy with yourself and others, then perhaps it’s time for Wild Serenity. This course is also useful for those in the helping professions.

Recommended reading: Maurine and Roche, Meditation Secrets for Women; Roche, The Radiance Sutras (available at www.lorinroche.com) and Meditation Made Easy.

CE credit for MFTs and LCSWs; see page 113.

Lorin Roche has mediated since 1968. He is the author of The Radiance Sutras, a new translation of the Vijnana Bhairava Tantra, and coauthor of Meditation Secrets for Women and Meditation 24/7. His other books include Meditation Made Easy, Breath Taking, and Whole Body Meditations.

Camille Maurine coauthored Meditation 24/7 and Meditation Secrets for Women. A dancer and performing artist who has taught movement, meditation, and expression since 1975, Camille is the creator of kinAesthetics and the transformational Moving Theater process.

SoulCollage®

The Art of Imagination, Intuition and Inquiry

Jennie Oppenheimer & Diana Arsenian

Our vision will become clear only when we look into our hearts. Who looks outside, dreams; who looks inside, awakes.

—C.G. Jung

What deeper story is emerging in us and wants to find expression? How do we weave this narrative into our daily lives? In this workshop we’ll journey into the heart of our gifts, passions, and purpose through creative inquiry and SoulCollage to find what truly brings us alive.

SoulCollage is an imaginative and intuitive collage process and a powerful medium for this exploration. We will gather images that speak to us and use them to create our own deck of cards. Filled with deep personal meaning, our cards are a visual narrative of our unique life story. They access our inner wisdom and give voice to the many facets of ourselves—personality, relationships, dreams, symbols, and spirit. In a supportive and collaborative environment, we’ll do readings in small groups, a practice that allows us to step deeper into our cards to see how they relate to our inner and outer worlds.

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
In addition to SoulCollage, our time together will include inquiry, reflection, and an abundance of art process to illuminate inner truths and tap into the wisdom of the group. These insights, when collectively shared, are the alchemy that brings balance and renewal. No previous art experience is necessary. Please bring a journal and pen. To learn more about SoulCollage, visit www.soulcollage.com.

Lessons adapted from Indonesian Silat originating from the monasteries of China and Tibet will be shared which greatly expand the scope and effectiveness of each session. The concepts of grounding, extending, generating, protecting, circulating, and efficiently using our energies will be experienced.

Safe, non-invasive touch lessons will be used to help in the understanding of our spines as well as to loosen and improve each person in the workshop. Fun partner lessons will add to the learning and the freedom to be experienced in our bodies.

By increasing awareness and fluidity in the spine, students will find new ways of being sensitive to and improving their work with patients and clients, in their own yoga practice and teachings. Those persons with chronic or acute tension, stress, stiffness, or pain will find tools specific to their needs that will help in their improvement and often healing.

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

Patrick Douce, one of Moshe Feldenkrais’s first American students, has been associated with Esalen since 1972. Since 1986 he lives half of each year in Bali, developing programs with Indonesian Silat martial-arts-for-health schools.

A Time to Reflect
A Self-Directed Esalen Immersion
See full program description on page 15.

Weekend of January 25–27

The Renaissance of Spirit: The Art and Mystery of Making a Difference
Jean Houston
“A Renaissance is a ‘rebirth’ that brings exciting new innovation, experimentation, exploration and discoveries,” writes Jean Houston. “This course explores personal and spiritual development as they relate to renaissance, or radical renewal.

“We will embark on the most radical and yet most intimate of journeys. We will follow the story of your development from before conception to your final times. As we do this, we will unlock the codes that you carry that can expand your traditional sense of identity and give you a significant new perspective on who you are, why you are so important, where you have come from, what your gifts are, your options
for activating them, and the legacy you will leave. This journey—a Renaissance or Rebirth of Spirit—can lead to an extraordinary realization of your higher, more sacred self, and its important role today.”

This seminar is designed to help you:
- Discover that you are richer, deeper, and stronger than you know
- Enter the Mystery to recover your innate capacities and return with powers to truly make a difference
- Transcend weariness, move beyond damaging traumas and fears, and enter into a renewed gathering of skill and spirit
- Become part of a deep ecology of life

The seminar will also explore myths and stories that provide templates for global and personal transformation. These stories help us discover the coded matrices of the next steps in human development.

Jean Houston is a philosopher mentored by Margaret Mead. One of the principal founders of the human potential movement, she has written 26 books and is known for her worldwide human potential workshops.

Finding Your Long Lost Musician
David Darling

Open your heart to the mystery of sound. Join David Darling in this inspirational workshop designed to provide tools for lifelong musical performance and appreciation. Darling has spent the last forty years developing methods that bring people face to face with their own wondrous and unique sounds and rhythms. He creates a liberating environment in which each participant has the opportunity to discover and work with his or her musical abilities. Working individually and in groups, participants use their voices, bodies, and instruments they already play, have always wanted to play, or want to start playing again.

During the workshop you can:
- Enjoy free movement, chanting, and drumming
- Explore how we hear and receive musical vibration
- Connect with and claim your own innate rhythm and timing
- Discover how to eliminate stage fright and a negative musical self-image

Darling is known for his energetic, loving, and accepting style of bringing out the musical soul in all of us. Sessions are relaxed and centered on the profound qualities and the wonders of music. Participants leave with a humorous, joyful, and exhilarating sense of their musical creations. No previous experience in making music is necessary.

Please bring instruments that you want to play. Piano and percussion instruments are provided.

This workshop is presented in a five-day format January 27 - February 1.

David Darling is a Grammy Award-winning composer, cellist, and artistic director of Music For People. An internationally-acclaimed recording artist and educator for more than 40 years, his album Mundannin Kata, made with the Aboriginal Singers of the Bunum tribe, was one of the top-selling ethnic albums on Amazon.com.

Awakening Joy
James Baraz & Jane Baraz

True happiness is not about acquiring anything, but rather opening to the natural joy and aliveness right inside of you. Awakening Joy is based on a popular ten-month course taken by thousands since 2003, and designed to develop our natural capacities for wellbeing and happiness.

Learn basic principles and experiential exercises drawn from Buddhist philosophy, and other supportive practices which are presented in a user-friendly way. Explore techniques for developing gratitude, learning to love yourself, opening up to the hard stuff as a path to joy, and finding joy in the happiness of others. Perhaps you can’t imagine yourself skipping through a meadow with childlike exuberance. Don’t worry. Truly happy people are not happy all the time. They feel sad and angry and have the whole range of human emotions. Joy is a general feeling of aliveness and wellbeing that is characterized by engagement with life, meeting its ups and downs with authenticity and perspective. It can look very different from person to person, from a quiet sense of contentment to bubbly enthusiasm. Identifying how joy expresses itself uniquely through you is one of the discoveries that awaits.

Please note: You do not have to be a “joyful person” to benefit from this workshop, though you might have fun anyway.

Recommended reading: Baraz and Alexander, Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness; Foster and Hicks, How We Choose to Be Happy.

CE credit for MFTs and LCSWs; see page 113.

James Baraz has been teaching meditation since 1978. He leads workshops internationally, is a founding teacher of Spirit Rock Meditation Center in Woodacre, Calif., and is on the International Advisory Board of the Buddhist Peace Fellowship. James coauthored Awakening Joy with Shoshana Alexander.

Jane Baraz has been practicing meditation since 1976 and leads Awakening Joy workshops internationally. She served on the board of directors at Spirit Rock Meditation Center and helped start the Spirit Rock Family Program. Jane is a life coach who helps women live with more purpose, balance, and fulfillment.

Essence and Alchemy: Creating Natural Perfume
Lucy Miller

Fragrance has the instantaneous and invisible power to penetrate consciousness. It is both tangible and intangible, earthly and ethereal, worthless and priceless, real and magical. To discover the art of natural perfumery is to participate in a spiritual process as well as an aesthetic one. Using essential oils, with their rich histories, properties, and symbolism, immerses the perfumer in a process of personal transformation.

This experiential workshop is designed for all who wish to understand the world of scent and, through it, discover aspects of creativity and spiritual growth. Experience the fundamentals of working with scent, including how to blend a perfume and how to create a perfume formula. Plenty of hands-on participation with essential oils culminates in creating a liquid perfume and a solid perfume from your own original formula. No experience or special skills are necessary.


($10 materials fee paid directly to the leader)

Lucy Miller is an artisan natural perfumer and a senior student of Mandy Aftel.
www.LucyMillerPure.com

The Path: Mastering the Nine Pillars of Resilience and Success
Stephen Sideroff

Our stress and its symptoms are maintained unconsciously as a distraction from emotional issues and harmful thinking. By addressing these issues, the body can let go, thereby improving physical health and enhancing performance and the ability feel joy.

The Path is a model of resilience based on Stephen Sideroff’s forty years of research and clini-
cal work in helping people overcome personal blocks and achieve high levels of success, while optimizing personal health. Based on how the brain and personality develop, The Path shows you the signposts and distills the journey down to one question, “Am I on The Path or off The Path?”

During this workshop, you’ll learn about the connection among emotions, stress, and physical symptoms. You’ll be shown relaxation and biofeedback practices, and learn how to cope with destructive patterns such as anger, depression, perfectionism, obsessions, procrastination, and addictions.

Your body will be more resilient, and heal and perform better. Discussion and experiential work, including hands-on use of a biofeedback machine, will facilitate self-awareness, emotional release and body self-regulation. This program is especially beneficial for healthcare professionals in their work with clients and patients.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for bodyworkers; see page 113.

Stephen Sideroff is a clinical psychologist and peak performance consultant in Santa Monica, Calif., assistant professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA’s School of Medicine, and director of Moonview Sanctuary. He also founded the Stress Strategies Center at Santa Monica Hospital. www.ThirdWind.org

**Week of January 27–February 1**

**Explorando los 5 Elementos del Masaje Esalen® Desde su Fuente**

Silvia Guersenzvaig & Ingrid May

Te invitamos a participar y a disfrutar de cinco días inolvidables. Juntos iremos explorando el toque transformador del Masaje Esalen, desde su fuente en la mágica tierra del Instituto Esalen, sobre la costa de Big Sur, California. Ingrid y Sylvia, educadoras bilingües del equipo de Masaje Esalen, ofrecen por primera vez esta novedosa oportunidad para la comunidad hispana. Ellas dicen: “Durante esta semana nos sumergiremos en la practica del masaje Esalen con la propuesta de permitir que la mente descanse en el corazón y el corazón se exprese a través de nuestras manos”.

La fuerza natural del entorno nos permitirá comprender y trasmitir sus cinco elementos esenciales. Utilizaremos esta comprensión durante el masaje, en el logro de un estado de Presencia en el contacto de manos con el otro.

El Masaje Esalen nos ofrece la posibilidad de sentirnos de manera holística donde nuestro cuerpo físico, emocional, mental y espiritual confluyen equilibradamente, revelando un espacio de curación e integración propia.

Comenzaremos el día con ejercicios somáticos y/o meditativos con amplia disponibilidad de tiempo para sumergirnos en las demostraciones y practicas de masaje. Tendremos como invitadas a fundadoras del masaje Esalen para que compartan su arte y experiencia con nosotros. Cerraremos nuestro encuentro con una ceremonia de despedida en las aguas termales y sagradas de Esalen.

Los esperamos con amor y alegría para compartir esta experiencia con ustedes.

**Note:** This is a Spanish-language workshop designed for fluent Spanish speakers.

CE credit for bodyworkers; see page 113.

Silvia Guersenzvaig bio on page 17.

Ingrid May is a German-trained physical therapist and since 1986 has been an Esalen Bodywork practioner and massage teacher. The founder/co-director of Oasis School of Massage and Healing Arts in Buenos Aires, she teaches trainings and workshops internationally, www.oasismasajes.com.ar

**Finding Your Long Lost Musician**

David Darling

Open your heart to the mystery of sound. Join David Darling in this inspirational workshop designed to provide tools for lifelong musical performance and appreciation. Darling has spent the last forty years developing methods that bring people face to face with their own wondrous and unique sounds and rhythms. He creates a liberating environment in which each participant has the opportunity to discover and work with his or her musical abilities. Working individually and in groups, participants use their voices, bodies, and instruments they already play, have always wanted to play, or want to start playing again.

During the workshop you can:

- Enjoy free movement, chanting, and drumming
- Explore how we hear and receive musical vibration
- Connect with and claim your own innate rhythm and timing
- Discover how to eliminate stage fright and a negative musical self-image

**Trauma, Memory and the Restoration of One’s Self**

Bessel van der Kolk

Trauma changes the way the brain processes information and the body engages with the world. This course explores how trauma affects people’s rhythms within themselves and with their surroundings. Because of altered biological systems, traumatized people continue to be trapped by their history and react to current experience in a myriad of ways as a replay of the past. We explore the neurobiology of self-regulation and examine ways of befriending one’s body, both of which are essential for the integration of traumatic memories: sensations, action patterns, and physical sensations derived from the past.

Most experience is automatically processed on subcortical, that is, unconscious, levels in the brain. Therefore, insight and understanding have only a limited influence on people’s control over these processes. We study and experience the capacity of practices such as EMDR, yoga, Internal Family Systems Therapy, theater work, and neurofeedback to help people overcome a traumatic past and regain the capacity to be fully alive in the present.

CE credit for psychologists; see page 111.
CE credit for MFTs and LCSWs; see page 113.
CE credit for nurses; see page 113.

Bessel van der Kolk, MD, is a clinical psychiatrist who has studied the impact and resolution of trauma on children and adults since 1982. He is professor of psychiatry at Boston University School of Medicine and medical director of the Trauma Center in Boston. He is author of Psychological Trauma and coeditor of Traumatic Stress.
An Introduction to Rolf Structural Integration

Edward Maupin

This workshop is an introduction to the principles of Rolf Structural Integration, especially designed for body-therapy and health professionals. Strongly influenced by his research in Zen Buddhism, Ed Maupin considers the Rolf Method a meditation on physical presence as well as a physical therapy. This approach, based on forty years of Rolfing practice, strongly emphasizes movement, balance in gravity, and receptive touch. The workshop will combine regular movement classes with hands-on instruction in the first three sessions of Ida Rolf’s original ten-session series. Nonprofessionals are also welcome.

Required reading: Maupin, A Dynamic Relation to Gravity (to order, please email edm@esalen.org). The book also will be available in the Esalen store. Please bring this book to class.

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

Edward W. Maupin, a psychologist who was an Esalen scholar-in-residence from 1966 to 1970, has practiced Rolfing since 1968, when he was trained by Dr. Ida Rolf. His early research in Zen Buddhism strongly influenced his approach to the Rolf Method.

February 1–8

Deep Bodywork and Subtle Sensing

Perry Holloman & Johanna Holloman with Eric Moya

During a Deep Bodywork session, clients may enter deep states of relaxation during which organismic re-organization and self-healing occurs. Practitioners can feel this re-organization as rhythmic pulsation and other subtle movements. Shifts in the depth, frequency, and quality of these phenomena can indicate important shifts in a client’s state of well-being. In this seminar, participants will be taught how to assess, support, and directly these rhythmic processes to help their work anchor and integrate into the framework of an overall session.

The therapeutic pulse is one of the most important phenomenon that can occur through the application of Deep Bodywork. A therapeutic pulse arises when a myofascial lesion is released, and fluid exchange re-establishes itself in that area. Because chi-energy is attracted to water and is abundant in the body’s fluids, the quality, depth, and frequency of a therapeutic pulse provide valuable information on the state of our clients. Time will be dedicated to sensing and directing therapeutic pulsations, maximizing their healing potential throughout the body.

Eric Moya, a senior teacher for the Upledger Institute, mental health counselor, and somatic practitioner, will teach skills of subtle palpation and release. We will also cover still-point induction, soft tissue release phenomena, and modifying energy and presence to match the tissues. This program represents an advanced level of study, so previous massage experience is highly recommended.

Required reading: Goldenson, It’s Time—No One’s Coming to Save You.
CE credit for MTSs and LCSWs; see page 113.

Mary Goldenson is a clinical psychologist, chiropractor, and certified Radix teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions, and leads mediation trainings and workshops around the country.

Weekend of February 1–3

Expanding the Practice of Sex Therapy: A Training for Health Professionals

Gina Ogden

Health, well-being, and intimate relationships are profoundly affected by sexual issues, yet most health professionals lack adequate training to help clients. This workshop brings emotional and spiritual consciousness to the practice of sex therapy. It offers an innovative model for exploring a wide range of situations and dynamics, and provides opportunities for case consultation about desire, pleasure, dysfunction, and more. Its structure encourages personal awareness along with clinical questions and networking opportunities. By the end of this training participants should be able to:

• Describe an expanded view of sexual desire and intimacy that includes physical sensation, emotional passion, cognitive discernment, and spiritual longings for connection with self, partner, and the universe

• Articulate distinctions between sex with a goal of performance, and relational sex that focuses on pleasure

• Identify cultural messages that create a gender gap in sexual attitudes

• Discuss beliefs and stereotypes surrounding sexuality and aging

• Address hot-button issues such as masturbation, sexual orientation, and affairs

• Recognize strategies that relieve effects of sexual abuse and control

The workshop is designed for physicians, nurses, social workers, family therapists, sexuality therapists, school counselors, and anyone working with students or clients for whom sexual issues may affect health, empowerment, or safety.

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
The Passion of Painting, Building Creative Habits

Erin Gafill

Make your mark! Don’t look back! Paint another, and another! During this fast-paced immersion you’ll explore creative expression that leaves little time to second guess or over think. You’ll find that the most important habit is to get started, then keep moving forward.

The successful artist does not wait for inspiration, but rather maintains a regular practice that keeps skills honed and hands ready. This workshop includes demonstration and hands-on participation. Award-winning Big Sur artist Erin Gafill will lead you down a creative path and set you on your way to making creativity a life-long habit. You’ll use torn-paper collage, drawing, sketch, color-field painting, and guided writing exercises in a safe and supportive environment. You’ll draw inspiration from still life and Esalen’s unique natural environment.

Erin has taught her Passion of Painting workshops on three continents to students of all ages. They are designed for accomplished artists as well as those just beginning their creative journey.

This workshop complements Erin’s 5-day offering, Passion of Painting, Finding Your Way In, scheduled February 3–8, or it can be taken independently.

Recommended reading: Gafill, Drinking From a Cold Spring: A Little Book of Hope.

($50 materials fee paid directly to the leader)

Erin Gafill is a painter who teaches internationally and cofounded the Big Sur Arts Initiative. She was artist-in-residence at the Children’s International Art Museum in Hamada, Japan. In 2009, she was named Champion of the Arts by the Children’s International Arts Initiative. Erin has taught her Passion of Painting workshops on three continents to students of all ages.

Learn to Tap: EFT for Everybody

Gwyneth Moss & Kay Phillips

What if you could free yourself from the grip of painful memories? Or stay calm in situations that usually press your buttons? EFT, Emotional Freedom Techniques, is a simple and effective self-help practice that bridges the gap between talk therapies and body therapies. In EFT, we talk to focus attention and at the same time we tap on acupressure points to balance the body energy system. The result? You can feel calmer, think more clearly, and act resourcefully. Life then opens up. EFT can be used to loosen the “stuck” energies of disturbing emotions, intrusive thoughts, painful memories, and limiting beliefs. Emotional stress underlies many physical symptoms, and EFT can also be helpful here. Group work, demonstrations, and lots of practice will show you how to use the EFT process for yourself. This workshop intends to get newcomers started with confidence and also to inspire experienced tappers.

Gwyneth Moss is a founding EFT Master. Gwyneth’s teaching, known as The Moss Method of EFT, is clear, simple, and direct with an abundance of intelligence and humor. She is also certified in neuro linguistic programming and the Human Givens approach to psychotherapy.

Cultivating Meaning and Happiness through Mindfulness and Yoga

Ina Israel

Many of us need to learn how to take ourselves off of autopilot, dis-identify with the mental chatter in our heads, and cultivate equanimity and non-reactivity so that we can make healthy, long-term decisions about our lives and gender loving, positive, secure, and supportive attachments to other people. We must transcend any blunt tools we developed over the years—our reactions, judgments, negative thoughts, facades, fears, expectations—and replace them with precise tools such as authentic communication, loving relationships, balanced lifestyles, mindful diets, commitments to personal integrity, and yoga and/or meditation practices.

In this workshop we will explore specific practices that bode favorably for creating meaning and happiness in our lives. We will determine our long-term goals and dreams, and the skills we should cultivate to realize them; we will take all-level vinyasa flow as well as restorative yoga classes to tap into our authentic selves; we will...
practice various mindfulness meditation techniques to cultivate non-reactivity in order to reduce drama and de-escalate conflicts; and we will learn to replace resentment with gratitude. Please bring a yoga mat.

CE credit for MFTs and LCSWs; see page 115.

Ira Israel, LPCC, LMFT is a psychotherapist and certified yoga therapist. He has Master of Arts degrees in psychology, philosophy, and religious studies. Ira is the author of Mindfulness for Urban Depression and Yoga for Depression and Anxiety, and blogs frequently for Huffington Post.

The Ecstasy of Sound: A Music and Healing Workshop

Jennifer Berezan

At the core of all that exists in the universe is vibration. Many cultures have long believed that the world itself was created through sound. Some peoples believe that illness is a musical problem, a result of a lack of harmony in the system. This workshop will explore music as a spiritual practice and a path to opening one's heart and uncovering one's true nature.

Participants will engage in a wide range of musical experiences, from traditional and contemporary traditions, designed to open the heart and create equanimity, joy, ecstasy, and healing. The workshop will include sessions of toning, chanting, harmony and rhythm, improvisational sounding, meditation, and silence, in a safe, humorous, and sacred environment. No musical experience is necessary. To learn more, visit www.edgeofwonder.com.

Jennifer Berezan is a singer/songwriter, teacher, and activist. Her groundbreaking work as a recording artist and teacher has established her as a leading voice in the field of music, ritual, and healing. She has released 8 albums and produces large-scale multicultural, ecstatic ritual events.

The Block: Love it and Use it

Victoria Nelson

"Without resistance one can create nothing," the writer Jean Cocteau once declared. The dreaded block grips painters, ceramicists, and composers as much as it does writers, but Cocteau recognized a deeper truth: that beneath the frustrating and unexplained halt in creative flow there are riches to be mined. In this workshop we will explore—and explode—many old myths, starting with the notion of "procrastination." Behind that familiar label of self-recrimination lies not a lazybones but a disciplined, hardworking person locked in a power struggle with creative energies that are desperately seeking expression. Using a range of self-discovery exercises, we will explore ways of untangling this fraught relationship, first through its general dynamic and then in the specific situations of creative life: from establishing a regular routine to notes and sketches that refuse to turn into a work, excessive perfectionism, handling criticism, and devising strategies for completing projects that pose particular problems. Once we reestablish communication with the silenced creative side of ourselves, we can discover the path it wants to take, not the path we think it ought to take. Instead of exerting more willpower, we try listening to, and respecting, our deepest preferences. In this way we discover that the block is no obstacle to overcome, but a much-needed compass and a true cornerstone of the creative process.

For creative practitioners of any level and medium and anyone with a project that refuses to be born.
Recommended reading: Nelson, On Writer’s Block.

Victoria Nelson is the author of On Writer’s Block and five books of fiction, memoir, and literary criticism. She has conducted workshops on creative block in many venues and teaches in the Goddard College MFA creative writing program.

victoria.nelson@goddard.edu

Week of February 3–8

Women’s Sexual Stories: Healing the Wounds, Celebrating the Joy

Gina Ogden

The route to sexual pleasure and intimacy is like the route to any other of life’s mysteries. It means exploring new emotional landscapes. It means opening your wild, precious, vulnerable self to nature, divine presence, and the profound wisdom of your body. It means daring to know what you want.

During this workshop for women of all ages and sexual and spiritual orientations, we create a safe, confidential environment where you can learn innovative ways to create heart-to-heart communication, expand your capacity for love, creativity, and compassion, transcend guilt, shame, and “good-girls-don’t” messages, and heal the wounds of violence, abuse, and compulsivity. We merge the latest research with women’s stories, shamanic journeying, and sacred ceremony in the Esalen hot springs. Our work together is based on the following three principles.

• The core power of sexual connection is its ability to transform our lives—at any age, with or without a partner
• Erotic satisfaction begins with self-esteem
• A supportive circle of women sharing information about sex can be life changing

Please bring two objects to our first session—one to represent an aspect of your sexual story you want to keep, the other to represent an aspect of your sexual story you want to move beyond. You’ll introduce yourself with these objects, and take them home with you.


CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Gina Ogden bio on page 25.

The Passion of Painting, Finding Your Way In

Erin Gafill

Standing before a blank canvas, we need the intention to create, an inspirational subject, and the skills to bring our vision to life. As simple as this sounds, everyone is faced with roadblocks as they begin a creative journey. During this painting immersion, you’ll explore a variety of skills, techniques, and practices that will give you a “way in” to your own work.

Award-winning Big Sur artist Erin Gafill leads participants through visual explorations using torn-paper collage, color-field painting, drawing, and sketch while offering ample demonstrations of technique. Working with a range of subjects from still life to landscape, you’ll be shown new ways of communicating, expressing, and distilling the essence of your own voice.

Erin’s technique of observation and response give her paintings life and breath. She brings this same approach to teaching, creating a supportive and nurturing environment for personal growth. Along with her husband, photographer Tom Birmingham, Erin has taught The Passion of Painting series on three continents to students of all ages. This workshop is designed for the skilled artist looking for a creative breakthrough, as well as those who have never touched a brush.

This workshop would serve as an excellent introduction to pair with Erin’s Passion of Painting, Building Creative Habits workshop, scheduled February 1-3.

Recommended reading: Gafill, Drinking From a Cold Spring: A Little Book of Hope.

($50 materials fee paid directly to the leader)

Erin Gafill bio on page 25.

Emotional Freedom Techniques Training

Gwyneth Moss & Kay Phillips

Emotional Freedom Techniques (EFT) blends focused questioning with acupressure tapping to balance the human body energy system in relation to thoughts, memories, emotions, and physical tensions. The observable and measurable result of this flexible and powerful therapeutic tool is calmer affect, cognitive restructuring, and more adaptive behavior. EFT thus adds a somatic element to cognitive and behavioral therapies and has been shown in recent research, published in The Journal of Nervous and Mental Disease, to be comparable in efficacy to EMDR. The difference is that EFT can be easily taught and self-applied. Integrating into a range of modalities, EFT is successfully used by counselors, acupuncturists, and massage therapists, and others in the helping and healing professions, and also by individuals for self-help.

This workshop is designed to show, through practical experience, how to use EFT to help others and yourself. We start with group work, demonstrations, and triads. Then through carefully guided hands-on practice, we apply the EFT process to the effects of painful past experience, limiting beliefs, compulsions, and physical pain. Through this process you will be shown how to:

• Use two techniques for processing traumatic experience
• Describe three EFT questions to approach any issue
• Apply EFT with groups and by telephone
• Ensure safety measures for both client and practitioner

Open to both health professionals and individuals interested in self-development and community work, this workshop counts towards the EFT Practitioner certificate of AAMET International. For more information and advice on further learning please contact the trainer Gwyneth Moss: www.Emotional-Health.co.uk.

CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for bodyworkers; see page 113.
CE credit for acupuncture; see page 113.

Gwyneth Moss bio on page 25.

Kay Phillips bio on page 25.

Spinal Awareness (with Humor): The Essence of Feldenkrais® and Energy Work

Patrick Douce

The movements of Spinal Awareness are quite different from normal exercises. They emphasize learning how to move in ways that stimulate awareness of the body. They involve learning to use the floor to organize and integrate the spinal column. Standing lessons lead to a new awareness of ways to move with better balance and fluidity. Special emphasis will be placed on any difficulties participants or their clients/patients may have, such as lower back pain, hip trouble, tension in the neck and shoulders, and knee injuries.

This work will focus on how we can re-learn how to overcome our limitations in movement
and functioning. Special emphasis will be placed on Skeletal Awareness. Students will be given a new understanding of how tension and injury are often involved with the disorganization in the skeletal-muscular parts of our bodies.

Lessons inspired by Indonesian Silat will be used to stimulate the energy body, effecting internal health and increasing energy. These movements, originating from the monasteries of China and Tibet, further increase healing possibilities. Safe and noninvasive hands-on lessons will be presented that can greatly speed up improvements.

This workshop will evolve with humor and playfulness. Fun partner lessons will help bring about not only freedom in the body but the return to the childlike energy essential to us all.

This is a program designed for both the beginner and the professional.

CE credit for bodyworkers; see page 113.
CE credit for nurses; see page 113.

Patrick Douce bio on page 21.

Ten Steps to Natural Vision Improvement
Meir Schneider

Take off your glasses and shades, it is time to relax and re-train your eyes. Like the other muscles in your body, your eye muscles require a workout. Discover the true potential of your vision and learn how to diminish eye pain without drops, ointments, or other medications. Meir Schneider will show you the steps he took to overcome congenital blindness, and guide you through massage practices, light exposure, and the reason why glasses are like crutches. Bring a pillow, yoga mat, and beach towel for our practice of ten exercises to see the world as you never have before.

Required reading: Schneider, Vision For Life: Ten Steps to Natural Vision Improvement.

CE credit for bodyworkers; see page 113.
CE for AMTA Massage; please see leader.
CE credit for nurses; please see leader.

Meir Schneider, PhD, LMT, is the bestselling author of The Natural Vision Improvement Kit, Yoga for the Eyes, Meir Schneider’s Miracle Eyesight Method, Movement for Self-Healing, Vision For Life, and other books, tapes, and CDs. In 1980, Meir founded the School for Self-Healing in San Francisco, Calif.

A Time to Reflect
A Self-Directed Esalen Immersion

See full program description on page 15.

Weekend of February 8–10

Leading Beyond Sustainability:
The New Intersection of Commerce and the Commons
Edward Quevedo

This workshop challenges the degraded and now ubiquitous concept of sustainability. Once the province of innovative policy leaders, the idea of sustainability has been hijacked in a new generation of greenwashing. Through an exploration of the Rio Earth Summit 2 and other emerging trends in the public, non-profit, and private sectors, this workshop will propose that Regenerative Development, a concept far beyond mere sustainability, is the path forward for commerce and the commons. Through interactive dialogues, debates, and in a design studio environment, you will learn how to develop a new grammar to invigorate your advocacy for progressive businesses and innovative community development.

Concepts of complexity science along with foresight and innovation will be used to highlight real-world stories of organizations pursuing
the new frontier of Regenerative Development. Come prepared to have your assumptions and settled beliefs challenged, and to co-create the foundations of a new economy at system level. This workshop is open to business executives, artists, educators, community activists, clergy, and engaged citizens searching for the frontier of the engagement economy.

Edward Quevedo is the interim academic dean at Presidio Graduate School. Since 1994, Ed has advised organizations in the private, non-profit, public, and higher education sectors on sustainable development and organizational strategy and transformation. His affiliations include Katovich & Kassan LLP and Cutting Edge Capital. www.presidioedu.org

The Writing Life
Ellen Bass

Put your ear down close to your soul and listen hard.
—Anne Sexton

“This workshop,” writes Ellen Bass, “will allow us to leave the rush of our busy lives and be still enough to hear the stories and poems that gestate within us. We’ll write, share our writing, and hear what our work touches in others. We’ll help each other to become clearer, go deeper, take new risks. With the safety, support and inspiration of this gathering, you will have the opportunity to create writing that is more vivid, more true, more complex and powerful than you’ve been able to do before.”

Whether you are interested in poetry, fiction, nonfiction, memoir, or journal writing, this weekend will provide a time to immerse yourself in the writing life. Both beginners and experienced writers are welcome.

There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours, clearly and directly, to keep the channel open.

—Martha Graham


Ellen Bass has supported and inspired writers for 40 years. Her many books include Mules of Love, The Human Line (poetry), and The Courage to Heal, which has sold more than a million copies. She teaches at Pacific University’s low-residency MFA program. www.ellenbass.com

The Dynamic Spine: Yoga for the Prevention and Relief of Low Back and Pelvic Dysfunction
Harvey Deutch

We live in a culture that extols constant productivity. From sunrise to sunset, we move at a breakneck pace in order to meet the day’s demands. Is it any wonder that we have distanced ourselves from the body’s signals of discomfort? Such signals may be a particular chronic ache or perhaps a more abstract sensation of overall stiffness. This path leads to decreased energy and an inability to embrace each day with optimal vitality.

But there is another path. First we must unlock the mysteries of why and how our bodies hold onto unhealthy movement patterns. Then we can address and correct our bodies’ biomechanical inefficiencies and so move throughout our day with greater consciousness and fluidity, ultimately opening, healing, and re-energizing ourselves.

Join Harvey Deutch, physical therapist and yogi, for a weekend that focuses on spinal awareness and mobility, with emphasis on the lumbar spine and major joint systems of the lower body. Through group discussion and pranayama and iyengar-influenced asana, you can discover that sacred balance that arises from the convergence of core strength, flexibility, and the spiraling lines of energy within the body.

In addition to a yoga mat, please bring your curiosity and desire to share in the group experience, compassion for honoring your body exactly as it is, and a sense of humor.

CE credit for bodyworkers: see page 113. Physical therapists, see leader.

Harvey Deutch has been both a physical therapist and yogi for the past 25 years. His life path has blended the intricate knowledge of movement with the practice of yoga. He is the owner and one of many physical therapists at Red Hawk Physical Therapy in San Francisco, Calif.

Mindfulness-Based Eating Awareness Retreat
Jean Kristeller & Andrea Lieberstein

Mindfulness-Based Eating Awareness Training (MB-EAT), developed by Jean Kristeller, addresses the mindless eating so prevalent in our culture—the type of eating that can lead to weight gain, obesity, disordered eating patterns, and stress-related eating.

In this highly participatory weekend, you can experience a new approach to eating, supported by NIH-funded research, that helps you cultivate your inner wisdom through a variety of mindful eating practices and guided meditations. You will be shown how to eat in a way that is more attuned to your body’s needs, how to experience the full pleasure and taste of food without overeating, and how to release the guilt and struggle so often associated with eating. Outer wisdom—making personal use of current, scientifically-based nutrition and exercise guidelines—will also be explored. These tools can help you make informed, balanced, healthy choices in your life and be truly nourished by your food.

In addition to learning specific approaches to mindful eating, the workshop includes daily sitting meditations and gentle movement to bring awareness and deepen your understanding of mindfulness as it supports more balanced living.

No previous mindfulness meditation experience is required.

CE credit for psychologists; see page 113. CE credit for MFTs and LCSWs; see page 113. CE credit for nurses; see page 113. CE credit for RD pending; see page 113.

Jean Kristeller, PhD, is a clinical psychologist who has used meditation-based interventions for eating disorders and obesity for more than 20 years. She receives NIH funding, is a founder of The Center for Mindful Eating, and is currently on the faculty at Indiana State University. www.tcme.org

Andrea Lieberstein, MPH, RD, directs Mind, Body, Spirit Programs at Kaiser Permanente San Francisco, Calif. She is a mindfulness-based stress reduction and mindful eating instructor, health educator, stress management coach, and registered dietitian. www.inspirecoaching.vpweb.com

Finding Love, Sustaining Love: An Esalen Singles’ Weekend
Shauna Shapiro & Warren Farrell

One of the most important decisions we make is the choice of our romantic partner. Yet so often, both sexes fall in love with those who are the least capable of loving them. This workshop begins with cultivating the art and discipline of mindfulness to counter the automatic habits that lead us to choose the wrong partner. We can learn to listen deeply to what it is we truly want in partnership. We can develop an embodied understanding as we set the compass of our heart in the right relational direction.

Falling in love is biologically natural; sustaining love is far more complex. We learn to sustain
love by not only choosing the right partner, but also becoming the right partner. This requires true compassion, empathy, and the capacity to listen deeply. This workshop introduces experiential exercises to increase compassion as well as mindfulness practices to cultivate the capacity to listen to one’s own truth and to connect intimately with another’s truth.


CE credit for MFTs and LCSWs; see page 113.

Shauna Shapiro bio on page 11.

Warren Farrell is author of the best-sellers Why Men Are The Way They Are and The Myth of Male Power. His Women Can’t Hear What Men Don’t Say was a Book-of-the-Month Club selection. He has appeared on more than 1,000 TV shows worldwide.

Love, Sexuality, Relationship and the Will of Your Heart

Siegmar Gerken

Love is resonance with the flow of life. It connects us with all existence. We are able to direct this energy and make this love personal in the expression “I love you.” When we commit to a relationship, we expand this love onto the personal and social level with the expression “I want to experience life with you.” Why is it then so difficult to keep a relationship alive?

On the level of personality and social interactions, love can become distorted in many ways. We may romanticize, sexualize, and idealize love and attach our beliefs, desires, needs, and hopes to it, thus limiting our capacity to give and receive love.

In this workshop for individuals and couples, participants can discover a state of emotional and physical wellbeing that derives from rhythmic harmony. Core Evolution® addresses body-emotion-mind-consciousness as a unity. The experience of love unifies all these aspects. A person in love and sexual harmony communicates and creates from a place of wellbeing, peace, joy, and a sense of fulfillment.

Participants will learn to identify and differentiate the nature and main elements of love, sexuality, and relationship, and their intention, motivation, needs, and wants in their relationship with themselves and others, including the nature of triggers, causes of unhappiness, and the possibilities for change.

For an eight-page magazine interview with Siegmar Gerken on Love, Sexuality, and Relationship, please e-mail mail@CoreEvolution.com.

CE credit for MFTs and LCSWs; see page 113.

Siegmar Gerken, PhD, has pioneered body-oriented and heart-centered therapy and humanistic psychology since 1971. He is the founder of Core Evolution® and the Energy & Consciousness Programs™. He teaches at SBGI, conducts mindfulness-based trainings and specialized management and coaching seminars, and teaches worldwide. He has a private practice in Mendocino and the Bay Area, Calif.

Dance Awake: Intimate Movement Connection

JJ Jeffries

Dance Awake is a conscious movement meditation that creates new possibilities, propelled by a catalyst of raw joy and abandon, and supported within a container of spontaneous community. Reconnect to the resonance and joy of life flowing, and live with ease and grace. Take the leap and embrace happiness.

Dance Awake practices dance as an awareness template to reveal and move beyond the unconscious scripts of our beliefs that inhibit the natural desire for connection and love. The body holds these scripts within its structure in the form of stuck energy and armoring, usually as a result of past conditioning, trauma, or abandonment. JJ leads Dance Awake and his Sensory Awareness Chakra Meditation for Esalen’s daily movement program. Deepening this practice with curiosity and mindful intention provides a safe place to explore and challenge these preconceived notions and judgments in a body-centered forum of fun and play. Using experiential exercises, this workshop incorporates many practices, including Gestalt, meditation, sensory awareness, and attachment theory as guides along the path of connection to self, to one another, and to the divine. Be prepared to laugh and let go in a dance of heart opening.

Recommended listening: Jeffries, Sensory Awareness Chakra Meditation CD.

JJ Jeffries resides in the now at Esalen Institute, where he has been successfully leading dance and meditation classes for almost a decade. A musician, singer, and songwriter, JJ is also an ongoing student of dance, Gestalt, sensory awareness, body-centered psychotherapy, meditation, and joyful living.

Week of February 10–15

Sharing Your Life Story: From the Page to the Stage

Ann Randolph

As we write, we are both describing and deciding the direction that our life is taking.

—Julia Cameron

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This workshop is an invitation to discover your own unique and powerful story. Michel de Montaigne, the great personal essayist, said, “Every man has within himself the entire human condition.” The intention of this workshop is for you to delve deep into your own personal narrative.
Writing from your deepest source, gain insight and self-understanding that can bring peace and healing. You will then make your words leap from the page to the stage, sharing them orally to uncover the power of story to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you will find your authentic voice, along with an honest, organic way to express your truth. Ann Randolph creates a supportive, fun, and dynamic space in which to create. All levels are welcome. This is a workshop for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling. Topics include:

- Writing exercises to stimulate memory
- Learning to structure the narrative in a compelling way
- Discovering ways to create spontaneously
- Overcoming performance anxiety
- Tools to release yourself from the inner critic
- Transforming your ideas/stories into performance

Ann Randolph has been described as “revolutionary,” a “tour de force,” “Whitmanesque,” and “hilarious” for her award-winning solo performances. Direct from an Off-Broadway hit (produced by the late Anne Bancroft), Randolph teaches and tours extensively throughout the US.

The Heart of Power / The Power of the Heart: A Somatic Approach to Embodied Compassion

Carol Lessinger

Somatically, compassion is located in the heart and power is expressed through the pelvis. Powerful compassion and compassionate power depend on the connection of heart and pelvis, areas we tend to disconnect through shallow breathing, uncomfortable movement patterns, and tightened muscles. Bringing awareness to the interaction of these areas can facilitate an exponential leap in the capacity for elegant posture, freer breath, and flexible movement.

After being a Feldenkrais Method teacher for more than thirty years, Carol began to combine her knowledge in that field with her study of Pilates to integrate what is common to both. This workshop will be clear anatomy lessons, then gentle movement lessons based on Feldenkrais, to experientially bring the information together. Access to core strength will weave through your days as a source of power. If you choose to go deeper, you can explore what life would be like if your true power is the creative energy to express your life purpose—if “being spiritual” is associated with being grounded through your body, and harsh self-judgment is replaced with deep self-compassion. People of every level of movement capacity are welcome; however, you must be able to get up and down from the floor without assistance. We will be using a small inflatable ball for sensory feedback. There will be one for everyone at the workshop. You may purchase it for $10 if you wish to bring yours home. Fee paid directly to the leader.

Carol Lessinger is a certified Feldenkrais practitioner who studied directly with Moishe Feldenkrais. She has more than 30 years of experience as a somatic educator. She is most profoundly touched by the power of healing through connection to the Self through aware movement. www.carollessinger.com

Secrets to Lasting Intimacy: Tantra for Couples

Elsbeth Meuth & Freddy Zental Weaver

Do you want to feel more passionate, deeply intimate, and fulfilled in life, love, and intimacy? In this workshop, open to couples of any sexual orientation, you will be shown how to expand joy, pleasure, and creativity in your life and your relationship. In a safe, respectful, and joyous environment, you will be introduced to foundational and advanced principles and practices of the “yoga of love,” as developed by the TantraNova approach. Through a step-by-step process that includes meditation, conscious breathing, energy awareness, tantric bodywork, communication exercises, and sexual healing practices for the couple, you will be taught how to unleash your full capacity for intimate connection and bliss, both within yourself and in your relationship.

Women may reawaken their luscious feminine energy, uncover the secrets of flow and playful joy, and tap into new ways of experiencing trust with an open heart. Men can discover new ways to be confident, fully present, open in their hearts, and grounded in their manhood. Couples will be shown how to deepen the intimate connection, enter the dance of joy and bliss, and use the differences of masculine and feminine energies to expand their love connection.

Homework practices deepen your experience and learning.

Recommended viewing: Meuth and Weaver, TantraNova, Creating Intimacy & Love DVD.

Elsbeth Meuth, EdD, is a certified tantra educator, relationship coach, and cofounder of the TantraNova Institute in Chicago. She trained as an ontological coach, employing a methodology based on the philosophy of language. She coauthored Sexual Intelligence: The Rosetta Stone of the Twenty-First Century. www.tantranova.com

Freddy Zental Weaver is a certified tantra educator, relationship coach, and cofounder of the TantraNova Institute in Chicago. Over the past decade, he has helped thousands of people expand their intimacy and love. He coauthored Sexual Intelligence: The Rosetta Stone of the Twenty-First Century. www.tantranova.com

Mindfulness-Based Eating Awareness: A Professional Training

Jean Kristeller & Andrea Lieberstein

Mindfulness-Based Eating Awareness Training (MB-EAT), developed by Jean Kristeller, addresses mindless eating, stress-related eating, disordered eating patterns, and obesity through the application of mindfulness meditation. This workshop for health care professionals provides intensive training in the application of MB-EAT in clinical settings. Informed by Jon Kabat-Zinn’s Mindfulness-Based Stress Reduction (MBSR) work and the basic principles of food intake regulation, the MB-EAT program employs mindfulness meditation, experiential eating exercises, didactic instruction, and self-reflection to cultivate mindful awareness and a more balanced and positive relationship to eating and weight.

Throughout this training, we use demonstration, role play, simulated exercises, and discussion to cover the themes, material, and exercises in the MB-EAT program. We also deepen our own mindfulness practice through daily meditation practice, eating meditations, body awareness and movement meditations, and a half-day silent retreat. For those with a professional background treating eating issues and a substantive background in meditation practice, this program provides the necessary skills for delivery of the MB-EAT program. For those with less experience in these areas, it provides a substantial introduction to the issues and skills involved.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for RD; see page 113.

Jean Kristeller bio on page 29.
Andrea Lieberstein bio on page 29.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
Esalen® Massage and the Art of Continuous Presence

Oliver Bailey & Silvia Guersenzvaig

Oliver Bailey and Silvia Guersenzvaig invite you to participate in a five-day journey to replenish your spirit with touch by learning how to give an Esalen Massage.

Esalen Massage is best described as the interface and integration of form, energy, structure, and soul. With its nurturing contact, long integrating strokes, and detailed attention to the whole body, an Esalen Massage provides a state of deep relaxation and healing.

The intention of this week is to offer tools and techniques that allow you to give a whole body massage from your core, from a place of ease within yourself, and in the flow of a loving presence. With brief lecture and hands-on supervised practice, we will focus on common areas of tension while addressing posture, breath, and intention. To assist in connecting you with your inner resources, visualization and meditation will also be included. Come and enjoy the beautiful Big Sur coast, while learning how to give an Esalen Massage. This workshop is open to beginners and those who wish to inspire their current massage practice.

CE credit for bodyworkers: see page 113.

Oliver Bailey is a practitioner and instructor of Esalen® Massage. His background includes training in Gestalt Practice, neurolinguistic programming, intuitive work, and meditation.

Silvia Guersenzvaig bio on page 17.

Weekend of February 15–17

Love, Sex and Intimacy: For Individuals and Couples

Charlie Bloom & Linda Bloom

Intimacy is to the soul as food is to the body. We are nurtured and enriched at the core of our being in the experience of deep connection. When the longing for intimacy is satisfied, we experience wholeness and sufficiency; we are at one with ourselves and the world. In conjunction with a sexual connection, the experience of intimacy can be exhilarating, inspiring, even transcendent. The shadow side of this connection is the fear of intimacy, which is actually the fear of loss, rejection, shame, or humiliation. These fears are common, even universal, yet their presence need not prevent us from experiencing the joys of intimate contact. It is not so much a matter of getting over these fears or concerns, but of skillfully responding to them.

How do we maintain an open heart in the face of powerful emotions? How can we redirect and intensify the energy contained within these feelings toward states of heightened awareness? How can we open to the full range of feeling that enters into our experience during these times?

Confront these and other questions that directly relate to our ability to dive fully into the bottomless pool of our heart’s truth, and feel love in all its physical, sexual, and spiritual splendor. This course presents ways of understanding and neutralizing patterns that limit intimacy and offer practices to deepen and enhance it. Participants also explore the inner landscape that exists beyond intimacy, that territory of the heart where the deep connection of “two” becomes the transcendent “one.”

Recommended reading: Bloom and Bloom, 101 Things I Wish I Knew When I Got Married and Secrets of a Great Marriage.

CE credit for MFTs and LCSWs; see page 113.

Charlie Bloom is an educator, therapist, and seminar leader. He and his wife Linda are cofounders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married. He has facilitated workshops internationally since 1982. www.bloomwork.com

Linda Bloom is a licensed clinical social worker and educator. She and her husband Charlie are cofounders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married. www.bloomwork.com

Finding True Love

Daphne Rose Kingma

“Love is the experience of emotional and spiritual awakening to the bliss that is the true condition of the soul,” says Daphne Rose Kingma. “Love is an essential human quest and intimate romantic partnership is love’s most luminous expression.” Join this best-selling author and expert on matters of the heart for an immersion into the spiritual and emotional preparations necessary to attract love into your life. Focusing on the four keys to true love—Faith, Intention, Trust, and Surrender—Daphne guides you on a step-by-step journey to self knowledge that can liberate your heart.

As you move through each process, including resolving emotional issues from your past, healing relationship wounds, examining your myths about relationships, and identifying your life theme (and discovering its effects upon your past relationships), you can discover your own internal barriers to intimacy and gradually release them.

This workshop is for people who are looking for a love in the highest and deepest form, for those who want to heal the pain of unresolved emotional issues, and for those who desire a lasting love that is rooted in a spiritual connection.

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
relationships, and for those who can’t seem to bring themselves into alignment with the love that is already waiting to approach them. Activities include meditation, exercises, and group process.

Recommended reading: Kingma, Finding True Love.

CE credit for MFTs and LCSWs; see page 113.

Daphne Rose Kingma is the best-selling author of ten books on love and relationships. Her most recent book, The Ten Things to Do When Your Life Falls Apart: An Emotional and Spiritual Handbook, is a heartfelt guide to living through very hard times. www.daphnekingma.com

Soliloquy in Water and Fiber: Papermaking
Diana Marto

In Eastern spiritual practices, handmade paper is believed to be imbued with mystical and healing properties. It is in this spirit that you will create paper art, inspired by tales of the paper road in Tibet, Japan, Hong Kong, the Yukon, Zimbabwe, and Big Sur. Learn to make a simple piece of paper and offer it to the sky. Give free reign to your artist-soul within a medium that, as you practice it, guides you into deeper creation.

Big Sur holds a world of natural fiber just waiting to be harvested, boiled, pounded, and made into paper art. Consider using paper to make three-dimensional sculptures to be placed in the landscape as an installation or altar. Move with your work as a sacred object in a site-specific performance improvised or choreographed for the class. Bring a notebook for your paper samples and to keep a record of each process you’ve explored. Also bring natural objects of meaning to you such as shells, bone, wood, semi-precious stones, and other treasures such as lace, photographs, and letters to embed in the wet pulp, as well as your favorite art supplies, and a camera to document your work. All levels of experience welcome. You will assemble your own mould and deckle and leave with the equipment to set up your own paper-making studio.

($60 materials fee paid directly to the leader)

Diana Marto is an international environmental performance artist, visual artist, activist, and teacher. She has performed and exhibited in Asia, Africa, the Middle East, Europe, and North America. She teaches papermaking as a spiritual practice.

www.dianamarto.com

Spiritual Massage: Lightbody Infusion
Maria Lucia Bittencourt Sauer

Spiritual Massage is a hands-on healing practice that works directly on the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages. Born into a family of healers with a generations-old tradition, Maria Lucia Bittencourt Sauer studied with healers in her native Brazil, where Spiritism—receiving healing knowledge from the spirit world—is familiar to much of the population. In 1979 she came to Esalen and was sponsored by Esalen cofounder Richard Price to learn Spiritual Massage from Brazilian healer Luiz Gasparetto.

Maria presents practical methods for using the hands as instruments of physical and spiritual healing. Incorporating both hands-on and energetic work, Spiritual Massage emphasizes intentionality as the fundamental tool of any healing art designed to move energy. The workshop includes exercises for grounding and attuning to energy, as well as Afro-Brazilian shamanic practices for self-protection. Special exercises help prepare the group energy field for channeling sessions done by Maria Lucia (please bring questions). Emotional release work and group healing process are integrated as they emerge.

This work is accessible to anyone, including health professionals, bodyworkers, business-
See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.

men, counselors, and all those interested in working with energy and people’s bodies. This workshop can be taken on its own or in combination with Maria’s Spiritual Massage and Shaman Ways five-day workshop, February 17-22.

Recommended reading: Kardec, The Spirits’ Book and The Book on Mediums; Richelieu, A Soul’s Journey.

CE credit for nurses; see page 113.

CE credit for bodyworkers; see page 113.

Maria Lucia Bittencourt Sauer has practiced spiritual healing in Brazil and the US since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally.

Qigong and Inner Alchemy: Inner Elixir and the Practice of Pure Radiance

Roger Jahnke

As a tool for cultivating focus and intent, Qigong (also called Chinese yoga) nourishes your passion and appreciation for life. Its roots trace back to Taoism, Buddhism, traditional Chinese energy medicine, and ancient quantum systems. With master teacher Roger Jahnke, you will be shown three powerful forms of qigong to use on your own and to share with clients, family, patients, and friends. Drawing on sources like the ancient Tao Te Ching, you will investigate deeper levels of qigong exercises to cultivate the inner elixir and absorb the power of the universe. When you explore the methods and secrets in the Secret of the Golden Flower, a Chinese text about meditation and a highly refined spiritual form of traditional “elixir alchemy,” you can learn the practices of inner light cultivation and “reversing” methods. As we become skilled at absorbing the power of the universe, we are liberated from stress and experience greater well-being. Health professionals, beginning students of traditional Chinese healing practices, and those who seek healing are welcome, as are experienced qigong, tai chi, and yoga practitioners.

Recommended reading: Jahnke, The Healer Within and The Healing Promise of Qi.

CE credit for nurses; see page 113.

CE credit for acupuncture; see page 113.

Roger Jahnke has practiced Chinese medicine clinically for more than 30 years. He has traveled to China eight times and is the director of the Institute for Integral Qigong and Tai Chi. His books include The Healer Within and The Healing Promise of Qi.

Crafting Careers that Truly Fit: How to Work From Within

Susan Bernstein

More than 50% of Americans are dissatisfied with their jobs. Often, we stumble or fall into careers that don’t fit, and then we feel stuck. When we try to make a change we’re guided to analytical approaches—including career tests and assessments—to try to figure out a new professional direction. Yet such structures, often lauded in the business world, seldom help us get in touch with what deeply energizes and moves us. Our conditioning can make us feel like failures if we don’t get to a speedy resolution. We rationalize away our true desires and continue to make life-limiting compromises.

You can gain more clarity about your future life and livelihood by awakening a form of intelligence we generally overlook: embodied intelligence. Our bodies know how to navigate chaos and uncertainty, although most of us have forgotten the innate wisdom that has been with
us since birth. When we tap into this inner guidance, we know our next steps.

Through movement, writing, and discussion, we will creatively listen to and learn to trust our impulses and instincts as we allow our true life energy to direct us. Both right and left brain can feel satisfied as we create compelling new visions of what work can be for each of us. Please bring a notebook and a pen.

Susan Bernstein helps people navigate transitions by integrating their embodied intelligence. Her transformational approaches blend left-brain logic honed over 20 years in corporate America with right-brain creative movement gleaned from pioneering research in mind-body psychology.

February 17–24

The Artplane Painting Workshop: Artful Life

Nicholas Wilton & Jennie Oppenheimer

This workshop is a playful exploration of the creative image-making process. Utilizing imagery inspired from our own personal stories and life experience, we will engage in a hands-on exploration of fundamental painting principles. Throughout the week, we will work on a series of small paintings on wood panels, often working on several pieces simultaneously, leaving little time to worry about success or failure. We will also explore how themes of change and spontaneity enable us to create our own unique artwork, and illuminate life lessons inherent in the creative process. We seek to engage both sides of the brain, inviting mistakes, intuition, and spontaneity, along with our knowledge of the six Artplane principles: value, design, color, texture, risk, and soul. Generous time will be given for experimentation with new tools, mediums, and techniques. Join us as we celebrate a process of inspiration, reflection, and the journey of self-discovery through painting. This workshop is designed for people from a wide variety of disciplines. All skill levels are welcome. For more information, visit www.artplaneworkshop.com.

($80 materials fee paid directly to leaders includes everything needed for the course)

Nicholas Wilton’s paintings have graced best-selling book covers, children’s books, editorial and corporate print media, in addition to gallery exhibitions and private collections. Developer of the Artplane Workshop, he has taught in such places as Esalen, Tokyo, and Sundance, Utah.

Jennie Oppenheimer bio on page 21.

Week of February 17–22

Radical Aliveness: A Core Energetics Workshop

Ann Bradney

Ann Bradney writes, "There is a state in which you are fully alive, authentic, and spontaneous. You are open to all of your feelings, connected to your strength and your truth. You are not afraid to know anything about yourself. I call this radical aliveness. In this state you embrace your creativity and see life in all its possibilities. "Standing in the way of radical aliveness are chronic patterns formed in your past to survive. These live as frozen feelings and history in your body and no longer serve you. "Core Energetics is a powerful, body-based system. It frees the frozen feelings and history in your body by working with the blocked and held energy. It helps you reconnect with deep parts of the self that you disconnected from as a child. It uncovers the power and goodness at the source of your most destructive patterns. It leads you to connection with your deepest essence. "In this workshop, you will work individually and in groups to understand, transform, and release the past as you deeply explore, experience, and express your blocked and held energy. You will work on your relationship to yourself and explore relating to others in radically alive ways. You will find what stands in the way of your full potential for life.”

Please note: An interview is required for admission. Please e-mail ann@annbradney.com.

CE credit for MFTs and LCSWs; see page 113.

Fritz Smith is a physician, osteopath, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure, and Alchemy of Touch.

Aminah Raheem, PhD, is a transpersonal psychologist, diplomat of process work, and originator of Soul Lightening International, a non-profit organization dedicated to soul realization and wholistic health of the individual, family, and society. She is the author of Soul Lightning and Soul Return.

Soul Lightening International only; please visit www.soullightening.com or call 301-704-2367 to register. Only after you have registered with Soul Lightening and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart for partners program, see www.esalen.org/workshops/reservations.html.

Recommended reading: Raheem, Soul Lightning: Awakening Soul Consciousness; Smith, Inner Bridges.

El Silencio: Moving Through Personal Edges

Fritz Smith & Aminah Raheem

Where and how do you want to grow? Sometimes despite our best efforts and intentions, we can become stuck at the leading-edge of our consciousness, unable to break through to the new territory we desire. Wherever you are in your journey of self-transformation, this workshop provides time, space, and guidance for sending out new growth shoots and discovering new insights and possibilities in your life.

Aminah Raheem and Fritz Smith are each accomplished teachers and longtime Esalen leaders. This is the only program they teach together. As ritualistic elders, they will combine their knowledge and experience to foster your unique personal growth. El Silencio is influenced by their Western training in medicine and psychology as well as Eastern teachers such as Sai Baba and Swami Muktananda; Western intellectuals and mystics; and by their own personal experiences and journeys. The program will feature individual and group process, periods of meaningful silence, empowering rituals, exercises, Chakra Tai Chi, and world work. A special highlight will be a shamanic journey, with its transformational magic. At the end of the week, participants will take home new insights, skills, practices, and resources for cultivating the self-growth and evolution they have begun. Space is limited so register early.

Note: Registration for this workshop is through Soul Lightening International only; please visit www.soullightening.com or call 301-704-2367 to register. Only after you have registered with Soul Lightening and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart for partners program, see www.esalen.org/workshops/reservations.html.

Recommended reading: Raheem, Soul Lightning: Awakening Soul Consciousness; Smith, Inner Bridges.

CE credit for bodyworkers; see page 113.
The Practical Art of Intelligent Risk Taking: Soulful Life Skills

David Schiffman

To live with integrity and originality in an increasingly challenging world requires a wide variety of skills, capabilities, and attitudes: soundness in judgment, originality in action, and knowing when and how to act.

This workshop examines the essential components of making intelligent, creative choices. The foundation of the curriculum lies in considering the risks we must take to make a life of depth, meaning, and integrity. Together we will consider:

• The impact of origins and ancestry on our risk-taking style
• Conventional thinking versus kaleidoscopic, emergent logic and multi-focal vision
• Intuition and imagination: The mutability of consciousness, perception, and presence
• Recognizing and developing allies, guardian angels, and supporters
• Dealing with antagonists and the judicious use of strength
• The soulful, energetic logic of improvisational spontaneity and expressiveness
• The use of accurate appraisal and critical analysis
• Affirmation and direction through oracular and archetypal perspectives
• Fluency, intelligence, and adeptness as measures for sound emotional expression
• Timing: The wisdom to know when and how in manageable increments
• If at first you don’t succeed: Cultivating persistence and emotional resilience

Together we will create a community based on goodwill and mutual support aimed at developing risk-taking skills that minimize wasted time and unnecessary suffering. It will be an opportunity for examining and creating your own unique risk-taking style.

David Schiffman has taught at Esalen for 40 years. His work combines creative elements ranging from sweet mischief to intelligent risk taking and including ceremony, music, movement, and inner work. He has been a consultant to California Institute for Integrative Studies and Saybrook Institute, in San Francisco.

Embodied Anatomy and Movement in Esalen® Massage

Vicki Topp & Peggy Horan with Susan Gries

This advanced bodywork course is a continuation of the Esalen Massage journey. Using principles of experiential anatomy as our map, we will navigate the systems of bones, muscles, organs, fluids, and nervous system. We will explore the relationship between sensitive and structural touch and the balance between skeletal and organ support. These concepts will serve to open the senses and perception, yielding a deeper experience of embodiment for both giver and receiver. This experiential knowledge translates to the massage table bringing depth, detail, and presence into the bodywork session. Self-care for the practitioner will also be highlighted.

The creative concepts and techniques taught in this workshop can easily be integrated into your personal bodywork style. Sessions will be devoted to embodied anatomy experiments and will also focus on massage applications, with ample time to synthesize the new materials. Alternate client positions such as side-lying will be introduced to aid in developing additional ways to address special needs situations, enabling practitioners to increase their ease in working with diverse clientele. Sessions may include opportunities to discuss theoretical issues and problem areas in your practice.

Come prepared to move and be moved in this extraordinary environment on this journey of physical, emotional, and spiritual embodiment.
Psychedelic Medicines and the Mind
David Presti

Psychedelics are among the most interesting and poorly understood of all the psychoactive substances. They produce a variety of complex effects on the brain and mind, including intensification of thoughts and feelings, alterations of sensory perception, and loosening of psychological defenses. Because of these complex effects, psychedelics are powerful probes of the connection between brain physiology and consciousness, one of the most deeply mysterious questions in contemporary science.

In their plant and fungal forms, psychedelics have probably been used by humans for millennia for therapeutic, ritualistic, and religious purposes. Modern scientific research with psychedelics has taken place for more than a century and was one of the driving forces in the early days of biological psychiatry. The widespread popular use of some of these substances in the 1960s contributed to legal regulation that closed down human research. However, after 25 years of quiescence, human clinical research with psychedelics is returning to mainstream science.

This workshop will cover the complex history, botany, chemistry, psychology, and sociology of psychedelics, leading up to the re-emergence of psychedelics, leading up to the re-emergence of multiple arenas of contemporary research addressing the medicinal and spiritual aspects of these substances.

CE credit for psychologists; see page 115.
CE credit for MFTs and LCSWs; see page 115.
CE credit for nurses; see page 115.
See Seminar Spotlight on page 8.

David Presti is a neuroscientist at the University of California in Berkeley. His areas of expertise include the chemistry of the human nervous system, the effects of drugs on the brain and mind, and the scientific study of mind and consciousness.

Women in Transition: Climbing into Your Authentic Self
Jnana Gowan & Suze Allen

Your house is on fire. Your boat is sinking. What do you want take with you? What are you happy to watch sink or go up in flames?

This workshop will help you make these decisions so you can navigate change and rediscover your most authentic self. In your authenticity, choose what you desire rather than what you think you’re supposed to do or what others want from you. Turbulent times are a call to adventure. Embark on a mythic journey with a transformational blend of rigorous and restorative Hatha yoga, purposeful writing, deep relaxation, and guided meditation and ritual. Women in Transition gives you the time, space, and tools to ride the wave of change. You'll learn strategies and rituals for embracing a deeper connection to your higher self. Come spend the weekend in the beauty of Big Sur, interweaving nature, ceremony and a healthy dose of humor into the fabric of who you are. The yoga and writing is for all levels. Please bring a yoga mat and bolster if you have one, a journal and an item that symbolizes your deepest, most authentic self. We will create an altar for the weekend (and the item will return home with you).

Jnana Gowan, a yoga instructor since 1999 and an “urban ceremonialist,” is the director of Powerhouse Education, a company dedicated to health and well-being. She integrates ceremony and ritual from the Pachakuti Mesa Tradition (from Peru) into her teachings. www.powerhed.com

Suze Allen bio on page 16.

Self-Hypnosis: Learning and Teaching Hypnosis
Roxanna Erickson-Klein

Self-hypnosis is a flexible and powerful tool that facilitates learning about your abilities to make adaptive changes from within. This workshop invites participants to learn about their own capabilities through self-exploration. While the hypnotic experience is a natural phenomenon that occurs without special training, education and practice can markedly enhance skills. By exploring hypnosis experientially, participants are better prepared to notice naturally occurring patterns of communication in daily interactions and to develop responses that are congruent with their own choices. A sequential series of exercises teaches participants to turn inward and to explore internal horizons. Information, explanation, and practice will guide participants in the direction of ongoing learning that can continue beyond the completion of this weekend study. This balance of information and experiential exercises is suited to both health professionals and individuals interested in exploring their own capabilities of working with others. By the conclusion of this workshop, it is anticipated that participants will be familiarized with a variety of techniques for continued exploration and application of self-hypnosis.

Recommended reading: Simpkins and Simpkins, Effective Self-Hypnosis; Short, Erickson, and Erickson-Klein, Hope and Resiliency; Doidge, The Brain that Changes Itself.

CE credit for psychologists; see page 115.
CE credit for nurses; see page 115.
CE credit for MFTs and LCSWs; see page 115.

Roxanna Erickson-Klein, RN, PhD, was trained in hypnosis by her father, Milton Erickson. Through her work she gives an inside perspective of the healing power that hypnosis can offer. She is a registered nurse and counselor intern with extensive experience teaching and applying hypnotic techniques. www.Erickson-Klein.org

Conscious Grandmothering
Yeshi Neumann

When the Grandmothers speak the Earth shall be healed.

—Hopi prophecy

Our planet today is calling on grandmothers to become a guiding force in healing our families, our communities, and the larger world. What is it like for you to be a grandmother? Now is the time to connect with other grandmothers to share our challenges and celebrate our joys. It is time to explore what we can accomplish with each other’s support and in alliance. Your calling might be to enhance your relationship with your grandchild, to bring a needed service to your particular community, or to address a global challenge.

In this workshop, we develop practical skills for effective communication between ourselves and the parents of our grandchildren. We explore our mutual challenge of aging in a society that underestimates our contributions. We create a ceremony to celebrate our rite of passage to conscious grandmothering, and we learn about activist grandmother organizations around the world as models for taking on personally meaningful projects. This gathering is not just for biological grandmothers, but for any wise elder who cares about the grandchildren of the world.

Recommended reading: Schaeffer, Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet.

CE credit for registered nurses; please see leader.

See Seminar Spotlight on page 8.

Yeshi Neumann, CNM, MPH, has been working as a midwife since 1970. Her two granddaughters were born into her own hands. She brings her passion for mindfulness, women’s empowerment, healing, and social justice to her work with all different kinds of families. www.mindfulfamilycircles.com
Your Life Cannot Be Any Easier Than Your Movement: Intro to Cortical Field Reeducation®

Ellen Kindl & Melody Fairchild

How we sit, stand, move, or respond to contact with others reflects patterns wired into our nervous systems in infancy. By early childhood, conflicting intentions distort these patterns. Feeling powerless, we attempt to survive and to win love by figuring out “big people’s rules.” The resulting strategies may protect us as children, but, deeply ingrained in our muscular postures and movements, they imprison us as adults and limit our choices. They remain outside of awareness, causing discomfort and limitation.

By reeducating the brain-muscle-emotion connection, restrictions in movement can be released, freeing lifelong behaviors that have organized around that movement and restoring freedom of choice. The protective postures are altered, deeply affecting the body’s habitual defense system and allowing a higher level of energy.

This workshop begins the process of relearning the ease, fluidity, and openness taken for granted as a child and lost somewhere along the way. It is for the sedentary, for the active who want to increase physical skills and reduce risk of injury, for those dealing with aftereffects of injury or emotional trauma, and the professionals who work with them. It is for the chronically tired and stressed who want to take better care of their necks, shoulders, and backs, and for those who want to improve their posture, flexibility, and breathing while deepening their sense of connection and belonging.

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

Ellen Kindl began Harriet Goslins’ Cortical Field Reeducation® as an attempt to control chronic pain after a 21-hour surgery to fuse 14 vertebra. It worked, she was certified as a teacher in 2000, and has taught at Esalen and other locations nationally since then.

Melody Fairchild was the first high-school girl in US history to run 2 miles in under 10 minutes. At 38, in 2012, she won a gold medal for the US at the World Mountain Running Championships. As a CFR practitioner, she works with athletes and others to heal injuries, upgrade performance, and reduce risk of further injury in Boulder, Co. www.melody-fairchild.com

Transformative Leadership in the New Economy

Christine Ageton

Around the world, leaders are emerging who seek to build stronger, more resilient organizations and communities. We are indeed at the cusp of a paradigm shift in perceptions of how economic and social reality works, and we can learn from the core principles of leadership that are driving this change.

BALLE, the Business Alliance for Local Living Economies, North America’s fastest growing network of socially responsible businesses, runs a two-year Local Economy Fellowship to inspire, connect, and resource local economy leaders. These leaders are creating a new world by transforming themselves first, because a new economy cannot be built using the same leadership that created the system that we seek to change.
This workshop is a distillation of the BALLE Fellowship, wherein participants will develop their own leadership skills through experiential activities, while learning about success stories of the new economy. We will identify and pinpoint the competencies you need for the next stage of your personal and professional journey, as well as what may be limiting your leadership capability. Through case studies and discussion, we will review the principles of effective leadership, powerful communication, and how to build your executive presence.

Christine Ageton is managing director at BALLE—The Business Alliance for Local Living Economies. Her focus areas include strategy, monitoring and evaluation, and program development. Her previous work includes economic development programs in Peru with the Clinton Foundation, and conservation planning with IDB, World Bank, in Central America.

Week of February 24–March 1

Soul Motion™: Begin Again

Vinn Martí

“Each time we gather to dance,” says Vinn Martí, “we are poised at an open portal to divine presence. This presence takes notice each time we use our body, heart, and mind to shape and shift the forms and textures of its creation. Each one of us occupies a unique vessel in which this presence is able to manifest and know itself. Our dance then becomes a vehicle to place our bodies and our souls in motion.”

Soul Motion is a movement ministry, designed by Vinn Martí and devoted to the mystery and passage in our everyday dance from the known to the unknown. It presents method and strategy to relax into this nameless dance. Each of us improvises steps in a dance of self-awareness and unconditional acceptance of all things. The practices promote open-minded, warmhearted, and lithe body approaches to whatever is at hand. Participants practice the dance above, below, in front of, and behind the beat, and speak the creative voice of the unfamiliar.

Says Vinn, “We will practice moving alone, together, and in divine dialogue. We will allow the inherent wisdom and memory of the body to speak through us as movement, stillness, and witness to the body-choir of dancers. We will nudge the voice of our hearts ‘after years of secret conversing to speak loudly in the clear blue air.’ Through guided imagery and relaxed induction techniques, we will dive deep into the body of the unconscious and resurface to ‘speak’ of our findings.”

All are invited. All are welcomed. The workshop meets for a total of 23.5 hours.

Vinn Martí bio on page 36.

Not For the Feint of Heart: Be Bold in Your Personal Growth

Mariah Fenton Gladis & Andrea Sussel

If you’re “feint of heart,” you avoid confronting the emotional injuries or habits that prevent you from enjoying life to the fullest. You feint this way and that, preserving the status quo instead of moving past obstacles. This workshop is not for the feint of heart—nor the faint of heart. It’s for people who have a passionate commitment to creating healthy relationships within healthy lives. It offers opportunities to benefit from intensive individual healing work, which may involve emotional injuries rooted in the past, recurring themes or patterns of dysfunction, or personal longings in the here and now. Whatever the content of your work, this workshop helps you:

• Discover the issues that are immediately obstructing the quality of your life
• Learn contact skills to authentically and effectively express yourself and assure healthy interaction with others
• Risk working deeply in an atmosphere of trust and mutual support
• Expand your capacity for generosity and compassion for yourself and others

The didactic and experiential sessions are particularly helpful for human-relations professionals and those committed to a path of personal betterment. Mariah Fenton Gladis, known for her effective and innovative use of music to enrich the workshop experience, will blend individual and group Gestalt work in an environment of trust, compassion, and emotional generosity. A thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with what she calls her “ALS accent,” which will be translated.

Recommended Reading: Gladis, Tales of a Wounded Healer.

Andrea J. Sussel, LCSW, specializes in the treatment of people with eating disorders, addictions, depression, anxiety, and sexual orientation issues. She enriches her work with mindfulness-based practices and compassion.

The Heart of Spirituality: Embodiment, Meditation and Compassion

Susan Aposthyan

Embodiment and meditation are both gateways into the present moment. Simple practices involving sensation, breath, voice, and movement can be a primary source of presence, compassion, insight, healing, and real change. Opening to and with our literal, physical hearts takes us into the confluence of the emotional and the spiritual—healing and compassion. This workshop requires and develops a gentle courageous relationship to ourselves and allows us access to our own experiential truth. Our own living embodiment practice forms the basis of our interactions with others and the possibility of healing individually and relationally. Healing, in turn, forms a spring board to human development and grounded spirituality. Learning about the community of cells, tissues, and fluids within our bodies becomes a working metaphor for establishing community with others.

In this workshop, we will practice embodiment and meditation practices each day, share with and support each other, study experiential anatomy, psychophysical development, and the relationship between trauma, dissociation, and embodiment, and work with each other to develop somatic skills for personal and professional use. Our intention will be to know better, refresh, and strengthen our hearts, guts, pelvic floor, brains, and cells.

CE credit for MFTs and LCSWs; see page 113.

CE credit for bodyworkers; see page 114.

Susan Aposthyan trains professionals in her Body-Mind Psychotherapy. She is the author of Natural Intelligence: Body-Mind Integration and Human Development and Body-Mind Psychotherapy. She has been practicing meditation and body-mind disciplines for more than 30 years, and integrates science with healing and meditative experience.

The Brain Speaks 1

Avadhan Larson

The Brain Speaks 1 (TBS1) explores the potential for communicating with a person’s brain—namely its subdivisions, structural components, and individual neurons. It’s a candid, in-depth...
exploration into the possibilities that may be achieved by tapping into the collective consciousness of an organ or tissue using imagery and dialogue. While the class includes lecture, demonstration, and hands-on practice, an integral component is the sharing of experiences among participants as they practice and assimilate their encounters while communicating with another person’s brain.

Course highlights:
- Receive detailed instruction in neuroanatomy, physiology, and biochemical processes of neurological function
- Receive guidance into imagery and dialogue with specific brain and spinal cord parts and their dysfunctional units
- Attempt, upon dialogue initiation, to obtain information from those central nervous system parts and functional units that relate to the individual’s present health and vitality, stresses, past injuries, or physiological conditions that may be suboptimal
- Prerequisites: The Upledger Institute’s Somato-Emotional Release 1 (SER1), or Clinical Application of CST and SER (CASR).

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. IAHE is a coalition of curriculum developers united to advance innovative therapies through high quality continuing education programs. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/workshops/reservations.html.


Avadhan Larson operates The Center for Well-Being in Northampton, Mass., where she practices CranioSacral Therapy, acupuncture, and homeopathy. An experienced speaker, she travels worldwide teaching CranioSacral Therapy to practitioners of all disciplines.

Creating a Sustainable World, Training for Transition
Kat Steele

The converging crises of climate change, oil depletion, and economic instability cannot be solved separately or with technological miracles, but by lessening dependence on fossil fuels. But this doesn’t mean a bleak future. The heart of transition is the belief that by engaging with enough imagination and ingenuity to unlock the collective genius of our communities, we can choose a future that is more just and sustainable than what we have now. Participants will:
- Explore the opportunities for transformation presented by the challenges of peak oil, climate change, and economic instability
- Learn key concepts of the transition model, including permaculture principles, community visioning, and setting up transition groups
- Raise awareness of the need for transition
- Meet other change leaders
- Explore concepts of addiction to consumption and oil and the psychology of change
- Establish an action plan for yourself and your community
- Visit sustainable projects at Esalen
- Have fun!

Time for yoga, meditation, walks, community-building exercises, baths, and dancing is included. Visit www.transitionus.org for more information.

Kat Steele is a permaculture activist, designer, and educator. Founder of the Urban Permaculture Guild, she facilitates workshops on sustainability, permaculture, and eco-literacy. Her focus has been urban eco-social design, city repair, and the power of placemaking. Kat presently leads the Growing Beyond Green Sustainability Initiative at Esalen. www.esalen.org/info/sustainability.html

A Time to Reflect
A Self-Directed Esalen Immersion

See full program description on page 15.

Weekend of March 1–3

Opening the Dream: The Journey to the Soul through Archetypal Dreamwork
Christa Lancaster & Marc Bregman

Dreams can change us. They invite us on a journey, a descent that reveals our recurring patterns of behavior and the false stories we live in. Dreams lead us into the maelstrom of feelings caused by traumas of this life or past lives, and all the way down to the child soul we have lost and can reclaim. This is the journey Carl Jung describes in The Red Book, which was only recently published.

Join North of Eden Archetypal Dreamwork cofounders Christa Lancaster and Marc Bregman for a dynamic and moving exploration of the archetypal realm of dreams. In the tradition of group process and Gestalt work pioneered at Esalen by Fritz Perls and others, they will show how dreams reveal the obstacles and openings to living in the fullness of our souls. In this workshop you will have an opportunity to witness and participate in a powerful group enactment process that can give you a feeling sense of the way dreams work to break the cycle of suffering in an immediate and physical way.

Recommended reading: Bregman and Lancaster, Sex, Trauma and Conjunction and Flesh Off the Bone: Dream Descent through Past Life Trauma; Bregman, Dreaming Metaphysical.

Christa Lancaster is cofounder of North of Eden Archetypal Dreamwork, a dream therapist, and master teacher at the Center for Archetypal Dreamwork. Her books include Flesh Off the Bone: Dream Descent through Past Life Trauma and Sex, Trauma and Conjunction.

Marc Bregman is cofounder of North of Eden Archetypal Dreamwork, a dream therapist, and master teacher at the Center for Archetypal Dreamwork. His books include Flesh Off the Bone: Dream Descent through Past Life Trauma; Carl and Me: Teachings from the Red Book; and Sex, Trauma and Conjunction.

Women’s Qigong for Health and Longevity
Deborah Davis

Qigong is an ancient system of self-healing that has been used in China for more than 2,000 years to maintain health, achieve longevity, and treat disease. It consists of gentle exercises that combine breath, slow movement, self-massage, and meditation to harmonize the body, mind, and spirit. Simple yet profound, qigong provides many health benefits. You can balance hormones, eliminate symptoms of menopause, reduce stress, and lower blood pressure. Qigong can help you age gracefully and maintain youthful vitality.

In this workshop, you will be taught a qigong form designed specifically for women to increase energy, improve heart function, strengthen bones, enhance breast health, and regulate the organs. You also will be shown how
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

to activate the female power center to help slow the decline of hormones and increase sexual vitality. We will practice outside on the beautiful grounds of Esalen and learn how to nourish our qi, or life force, with the elements of nature. You can take home a routine that can easily be incorporated into your daily life and into your work with patients. This workshop is for women only. All levels of fitness are welcome.

Required reading: Davis, Women's Qigong for Health and Longevity.

Recommended viewing: Davis, The Spirit of Qigong DVD.

Deborah Davis, LAc, is the author of Women's Qigong for Health and Longevity and the instructional DVD, The Spirit of Qi Gong. Deborah teaches women's qigong nationally and has a private practice in acupuncture, intuitive readings, and medical qigong. www.womensqigong.com

Heart of the Song—A Foray into Songwriting

Johnsmith & Julie Baker

Come take your seat alongside other aspiring songwriters as we explore the ins and outs of songwriting. Learn to cultivate your unique songwriting voice through writing exercises, song assignments, and constructive feedback, all in a safe, supportive, fun, workshop climate. We will support you in calling up your inner muse, so that you may discover and expand your boundaries and edges around the songwriting process.

This workshop is for anyone who has longed to write songs and is searching for their true musical voices, and others who have written songs and are looking for a nudge to make their songwriting more productive. Playing a musical instrument is not required, but if you have one, bring it. Dress casually; we will do some dancing and moving. Bring an open heart and a curious mind. There are also evening jams.

Johnsmith has been writing heartfelt songs for more than 30 years. He's won national awards and contests, was a staff songwriter in Nashville, and has recorded 6 CDs. He's taught songwriting workshops nationwide, and has been featured on NPR's "New Dimensions."

Julie Baker is a psychotherapist specializing in empowerment of the individual's authentic voice, recovery from substance abuse, and navigation of life transitions. She works with creative process as an expression of one's inner landscape. She has a private practice in Marin County, Calif.

Arrive Already Loved: Creating Sacred Attachment with Yourself in the Here and Now

Mariah Fenton Gladis

"Many people ask me how to have a fair shot at developing a healthy relationship with another human being," writes Mariah Fenton Gladis. "I advise them to arrive already loved. What does that mean? It means the essential foundation of being loved is to first love yourself. That doesn't mean a narcissistic pride, preoccupation with self, or conceit. It does mean that the inner life taking place in your body is a comfortable, loving, compassionate, and enjoyable place to be. It is a home to which you can always turn to receive your own solace, support, and unconditional acceptance. This prepares your internal environment to accept love from the outside, and prepares you to arrive anywhere already loved. Remember, when it comes to needing love, you cannot expect more from someone else than you are able to give to yourself."

Join Mariah as she blends her unique style of individual and group Gestalt work with her effective and innovative use of music to enrich the workshop experience. This workshop helps you:

CE credit for nurses; see page 113.
CE credit for acupuncture; see page 113.
• Realize that what’s inside is outside; you can attract what you are
• Understand thinking as a personal conversation with yourself
• Develop an active and rich inner dialogue
• Create an abundance of emotional resources
• Turn your meditations away from detachment and separation, and toward intimate meditation, by exercising Sacred Attachment

A twenty-nine-year survivor of Lou Gehrig’s Disease, Mariah speaks with what she calls her “ALS accent.”

Recommended Reading: Gladis, Tales of a Wounded Healer.

Mariah Fenton Gladis bio on page 39.

Creating Extraordinary Impact: The True Purpose of Business and Life

Norman Wolfe

Do you want to expand the conventional, limiting views of how individuals and organizations create results? Do you sense there is something beyond the view of “life as a machine” where actions are the dominant means to create, and the bottom line is the only measure of success?

Expand your view of how organizations and individuals really create their outcomes, and how to grow and evolve yourself while staying true to your soulful purpose. Whether you lead a business, a non-profit, or simply your own life, this workshop can help you build skills to more easily manifest your deepest goals and desires.

The Living Organization® model is based on the same principles that nature uses to create this vibrant, living planet we inhabit. These principles go beyond the simple physics of life to embrace the mystical and magical. This workshop is designed to challenge everything you thought about leadership and how results are created.

Through a combination of lecture, group discussion, and exercises, and working with your current, real-world challenges, you will explore the power of reframing limiting beliefs, and develop a plan for moving forward in transforming your organization and your life.

Recommended reading: Wolfe, The Living Organization: Transforming Business to Create Extraordinary Results.

Norman Wolfe is founder and CEO of Quantum Leaders, Inc., where organization mentors guide executive teams and boards in inspired strategy execution. He is the author of The Living Organization, about the purpose/people/process methodology for creating extraordinary impact.

Anatomy Trains® and Fascial Fitness

Tom Myers

An understanding of the unique properties in the fascinating fascial webbing is essential to any contemporary therapist involved with the body. Originated by Tom Myers, Anatomy Trains is a revolutionary lens for seeing myofascial patterns. This workshop combines an overview of the Anatomy Trains “myofascial meridians” with applications to both manual therapy and movement training. Open to all massage therapists, physiotherapists, personal trainers, Pilates and yoga teachers, dancers, and anyone who has a body, this workshop teaches you to see and work with the deep and underlying strain patterns that produce chronic pain. The “fascial fitness” material in this course takes recent amazing research on the fascial web and applies it to stretching, injury prevention and repair, and long-term healthy functioning. Train your eyes to see the patterns, train your hands to release them, and get the latest on the cutting-edge research.

CE credit for bodyworkers; see page 115.

CE credit available for Pilates Method Alliance; please see leader.

Tom Myers, author of Anatomy Trains and Fascial Release for Structural Balance, directs Kinesis, which offers continuing education for manual and movement professionals. Tom worked directly with Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller as well as in traditions of esoteric anatomy and mystical practice. Tom lives on the coast of Maine.
March 3–29

200-Hour Kripalu Yoga Teacher Training

Jovinna Chan

Awaken the teacher within. The best way to learn how to teach yoga is to immerse yourself completely in a yogic lifestyle and practice so that your teaching comes from your deep personal experience. What better place than Esalen, with its culture of immersive, spiritually transformative programs and its magnificent beauty, to take your yoga practice to the next level? For the first time, Kripalu and Esalen join to offer a very special monthlong teacher training during which you will study in community with expert faculty, practice yoga every day, participate in posture clinics, study the ancient yogic texts, explore experiential anatomy, practice teaching in a variety of learning environments, and so much more.

What will you be taught?

• Skills for transformational teaching. Help your students develop a heightened sense of body-awareness and self-awareness to deepen their practices on the mat, and show them how to take that awareness into their lives off the mat.

• The tools to create inspirational and safe yoga classes. Develop skills for teaching an inspirational 1-hour or 1 1/2-hour yoga class, including creative ways to warm-up and cool down, the benefits of classical yoga postures, ways to motivate students and safely pace your class, and how to create lesson plans for a complete series of classes with progressive levels of difficulty.

• Principles of anatomy, physiology, and kinesiology. Focus on safety, joint movement, range of motion, and a functional understanding of skeletonmuscular systems and structures.

• Pranayama techniques. Enable your students to experience body-mind integration and purification through yogic breathing, and teach them to connect consciously with prana, or life force, the inherent wisdom of the body.

• Relaxation and meditation methodology. Gain skills for centering yourself and your students, creating sacred space, and guiding the class in a deeply restorative savasana.

Upon successful completion of the program, participants will be certified Kripalu Yoga teachers. On the first day of training, students receive a complimentary Kripalu Yoga Teacher 200-hour manual.

Fees for this program are $5800 for standard accommodations; $4700 for bunk bed accommodations. Space is limited.

Note: Application for this program is through Kripalu School of Yoga. You must first apply and be accepted through Kripalu before you can reserve and pay for Esalen accommodations. For more information, and to apply, visit www.kripalu.org/study-with/us/1588/. Only after you have filled out the Kripalu admissions application and have been accepted into the program will you be able to register with Esalen. Your participation in the program is not guaranteed until after your registration with Esalen is confirmed. Esalen and Kripalu scholarships do not apply for this program.


Jovinna Chan, E-RYT 500, a transformational leader and teacher of Kripalu Yoga, is the assistant dean of the Kripalu School of Yoga. Her yoga, dance, and martial arts practice began at a young age in Singapore. Jovinna is also trained in Kripalu Yoga-Dance, and is a trained transformational facilitator for Soul Motion™, founded by movement master Vinn Marti. www.jovinna.com

Week of March 3–8

Dream Descent: Journey to the Soul and the Promise of Archetypal Dreamwork

Christa Lancaster & Marc Bregman

Every night, dreams come to help us know love in a very real way—in our bodies, our hearts, and our lives. With great compassion, exquisite tenderness, and crystal clarity, they reveal the particular ways we are stuck in recurring patterns of relationship and offer the key to unlock those patterns so we can experience inner and outer love.

In the tradition of group process and Gestalt work pioneered at Esalen by Fritz Perls and others, Archetypal Dreamwork reveals the obstacles and openings to living in the fullness of our souls. Beyond the work of the psyche lies the work of the soul. This requires a descent into the darkness to encounter our core trauma from past lives and the deep feelings we instinctively avoid. As Carl Jung describes in the recently published The Red Book, it is only through this descent that we can be reunited with the elemental girl/boy soul who knows divine love. Join North of Eden Archetypal Dreamwork cofounders Christa Lancaster and Marc Bregman for an intensive descent into the archetypal realm of dreams through a powerful group enactment process. Encounter the journey that has always been waiting for you in the depths.

Recommended reading: Bregman and Lancaster, Sex, Trauma and Conjunction and Flesh off the Bone: Dream Descent through Past Life Trauma; Bregman, Dreaming Metaphysical.

CE credit for MFTs and LCSWs; see page 113.

Christa Lancaster bio on page 40.

Marc Bregman bio on page 40.

The Practice of Qigong: The Way of the Animal Powers

Kenneth Cohen

Best known for its dramatic effects on health, vitality, and longevity, qigong is also a profoundly spiritual art. By practicing ancient postures and movements, we awaken an ancient part of ourselves. We find the animal spirits within, and, like the animals, we learn how to sense what nourishes us and how to avoid harm.

In this workshop, you will be taught the rare Taoist Snake Qigong: gentle, coiling movements that dissolve tension, increase the body’s supply of healing and sexual vitality, and sharpen intuition. And then, while looking out over the ocean sacred to the migrating whales, learn Whale Qigong. Develop extraordinary strength as you swim with the currents of life force. As a refreshing complement to these dynamic practices, you will be shown standing and seated meditations to develop the stillness of the mountain and to prevent or eliminate the effects of stress. Discover the Taoist and shamanic roots of qigong and the close connection with indigenous healing traditions. This is a great introduction to the world of qigong and perfect for beginners or continuing students.

Recommended reading: Cohen, The Way of Qigong and Honoring the Medicine.

CE credit for acupuncturists; see page 113.

Kenneth Cohen, MA, a qigong master-level teacher, is the author of The Way of Qigong and bestselling Sounds True audio/video programs. Dynamic and inspiring, with more than 40 years experience, he is winner of the Lifetime Achievement Award in Energy Medicine. www.kennethcohen.com

Finding Your Deepest Purpose

Rich Berrett

Do you live your life without awareness and presence to the way you are living? Is it as
though your life is living you rather than you living your life? One way to tell is if your accomplishments leave you feeling empty. Degrees, monetary wealth, success, status all can leave you asking, “Is that all there is?”

Joseph Campbell recommended that the most significant purpose of living is to seek your bliss. This workshop offers time to explore which is all too often unexplored: finding purpose that honors self and others. This experiential workshop includes imagery, movement, art, reflective writing, poetry, Gestalt awareness, and music to help you contact and express your deepest desires. The workshop can help you connect with the wisest and most loving part of yourself—your inner wisdom. By listening to this inner wisdom, you can become more present to who you really are, underneath the thoughts and patterns of living with which you are most familiar. Additionally, the group will cultivate an understanding of how our lives have the potential to affirm the worth and dignity of all and make a significant difference in a troubled world. This affirms the value of generosity toward self and others.

CE credit for MFTs and LCSWs; see page 115.

Rich Berrett has committed more than 35 years to enhancing and embodying awareness. He is a clinician, university professor, and founding president of Imagery International. His extensive background reflects the importance of body awareness, imagery, family systems, Gestalt, and deep learning.

Dangerous Writing

Tom Spanbauer

“What makes writing dangerous is something personal, very small, and quiet,” writes Tom Spanbauer. “In this class we will be asked to go to parts of ourselves where there is an old silence, where it is secret, where it is dark and sore. One of the goals of the class will be to go to where we’ve never gone before, writing down what scares the hell out of us. Eventually to the very foundation and structure of how we perceive, and in this investigation, we can challenge old notions of who we are.

“In our investigation to the bone, the first thing we will encounter is voice. How to create it. By studying sentences, by taking them apart and looking at all their elements, by tuning them to how our particular narrator thinks, and ultimately speaks, we can begin to create a music that is unique.”

($20 materials fee paid directly to the leader)

Recommended reading: Spanbauer, The Man Who Fell In Love With the Moon, Faraway Places, Now It Is The Hour.

Tom Spanbauer has published four novels: Faraway Places, The Man Who Fell in Love with the Moon, In the City of Shy Hunters, and Now Is the Hour. Tom has been teaching Dangerous Writing classes for more than 17 years and is a scheduled guest for Ira Glass’ radio show This American Life.

Weekend of March 8–10

Getting the Love You Want: A Workshop for Couples

Rick Brown

This workshop is designed to help couples understand at a deeper level why they were attracted to each other, why they get stuck in endless power struggles, and how to safely begin to work through those stuck places toward a safer and more satisfying relationship. Couples share only with their partner and are able to maintain privacy. Couples are shown:

• New communication skills to break destructive cycles of relating
• How to channel the energy from arguments to create passion and stability
• How the unconscious forces that attract partners to each other are also the source of conflict
• New tools for re-romanticizing their relationship to reestablish the passion of their early time together
• How to use their relationship for emotional healing and spiritual evolution

Activities include lectures, written exercises, guided imagery, and live demonstrations of communication skills and processes. Rick Brown has been offering this workshop for more than twenty years, and has appeared on Oprah. The methodology is based on Harville Hendrix’s best-selling Getting the Love You Want. For more information, visit www.rickbrown.org.

Please note: This workshop is for couples only.

($20 materials fee for manuals paid directly to the leader)

CE credit for MFTs and LCSWs; see page 115.

Rick Brown is executive director for the Institute for Relationship Therapy in Winter Park, Fla. Rick was executive director for Harville Hendrix’s Institute, and he lectures and gives workshops across the country. He has been married for 35 years.

Foster Natural Mind-Brain Change Effortlessly: Ericksonian Hypnosis Seminars

Annellen Simpkins & C. Alexander Simpkins

Milton Erickson (1901–1980) was one of the foremost twentieth-century practitioners of hypnotherapy. He created an original and highly effective hypnotic method to foster the natural mechanisms of mind and brain that we all possess. Erickson’s hypnosis was based in a firm belief that the unconscious is a reservoir of potential and that hypnosis is the way to access that potential. Recent neuroscience research corroborates this belief in finding that the brain has many intelligent, unconscious pathways. These pathways function automatically and can be engaged and used to help accomplish goals that might be difficult to do deliberately. By working indirectly and unconsciously, people can bypass conscious limitations to resolve problems and live a happy, fulfilling life.

This workshop will teach Erickson’s powerful and individualized self-hypnosis approach. All participants will be shown how to experience trance in themselves, use direct and indirect suggestion, experience the ideomotor mind-body link, work with the utilization method, and experiment with varied trance phenomena. Therapists and health professionals will gain hypnotic techniques to use with clients and patients, and everyone can enjoy deep relaxation, fostering creativity, and the experience of natural, effortless change. With stories from case examples, guided trance experiences, handouts, and a clear understanding of the effects in the brain, this workshop will inform, inspire, and uplift.

Recommended reading: Simpkins and Simpkins, Neuro-Hypnosis and The Dao of Neuroscience.

CE credit for psychologists; see page 115.

CE credit for nurses; see page 115.

CE credit for MFTs and LCSWs; see page 115.

CE credit for clinical hypnosis; see leader.

Annellen M. Simpkins, PhD, is a psychologist in private practice who, with her husband C. Alexander Simpkins, specializes in study and research of mind and brain. Together they teach widely on meditation and hypnosis, have written twenty-four books, and live in San Diego, Calif.

C. Alexander Simpkins, PhD, is a psychologist in private practice, and, with Annellen M. Simpkins,
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).


de the author of twenty-four books. Together they study and research mind and brain, teach meditation and hypnosis in seminars and workshops, and live in San Diego, Calif.

**Everyday Leadership: Bringing All Who You Are to Everything You Do**

Athena Katsaros

Come discover the essence of your unique leadership and how to express it in every aspect of your life. This workshop is based on the belief that everyone has the capacity to be a leader and that leadership is an expression of who you are, not simply what you do.

This weekend is devoted to you discovering what makes you unique and developing your vision for the impact you want to have. Through conversation, exercises, and a range of processes, we move beyond conventional definitions of leadership and toward bringing all of who you are to everything you do. You will cultivate new ways of showing up as a leader in your life—whether it is in your family, community, organization, or the world.

Working with other participants, explore, test, and play with your authentic leadership style.

When you embody it, you can experience possibilities you have not yet dreamed of. Goals for the workshop are:

- A deeper understanding of your unique leadership qualities
- Clarity about your purpose and vision as a leader
- Ideas for taking action and making an impact

Recommended reading: Cashman, *Leadership from the Inside Out*.

_Athena Katsaros_ is a leadership and life coach, and a principal of IdeaTribe. She is a faculty member at the Coaches’ Training Institute. As an executive council member of Bpeace, Athena works with women leaders in Afghanistan and Rwanda.

**Drawing Out Your Soul: A Touch Drawing Retreat**

Deborah Koff-Chapin

Our hands are phenomenal living tools, capable of varied movement and expression. Imagine allowing your hands to dance in response to the feelings inside of you, to release blocks and open to a flow of inspiration. Now imagine that the movement of your fingertips takes form directly on paper so you can see imprints of your soul. This is the experience of Touch Drawing.

Touch Drawing is a simple, yet profound process. Roll paint onto a smooth board, place paper down and move your hands upon it. Impressions are created on the underside of the page. It feels like your soul is pouring through your hands, as a series of drawings emerges in a single session. When you reflect upon the completed drawings, you witness a visual record of your transformation. Deborah Koff-Chapin holds a safe and sacred place while you draw. She gently guides you with non-intrusive suggestions and her evocative live music (heartbeat drum, voice, singing bowls, chimes). Other creative art forms are woven through the days. Touch Drawing has countless applications as a therapeutic healing art form. No artistic skill is necessary!

Recommended reading: Koff-Chapin, *Drawing Out Your Soul*.

($20 materials fee paid directly to the leader)

Deborah Koff-Chapin has been developing Touch Drawing since 1974, and teaches internationally. She created SOULCARDS 1 & 2 and wrote *Drawing Out Your Soul*. She has served on the board of the International Expressive Art Therapy Association.
See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.

and is founding director of the Center for Touch Drawing: www.touchdrawing.com

**Transitional to Gluten-Free**

Leslie Cerier

In this hands-on, garden-to-table vegetarian cooking class, gourmet chef/teacher and cookbook author Leslie Cerier shows you that gluten-free cooking and baking is not about deprivation, but is pleasurable, creative, and delicious. Everyone can benefit from eating less gluten, and for those with gluten sensitivities, this class can change your life. Join us to cook and feast on exciting globally inspired dishes that will enhance everyone’s energy and stamina.

We will start in the Esalen organic garden, picking fresh vegetables, herbs, and edible flowers. In the Big House kitchen, Leslie will show you how to prepare fabulous lunches from appetizers to desserts. Expand your cooking repertoire and boost nutrition with tasty ancient grains and exotic rice varieties, pastas and flours like teff, quinoa, sorghum, amaranth, and more. Make easy gourmet meals that are high in calcium, iron, anti-oxidants, and fiber. Use different cooking liquids (like wine and coconut milk), a palette of spices, and super foods like goji berries and maca. Both novice and seasoned cooks will find this class a delight to the palate and an inspiration for home cooking.

($25 ingredients fee paid directly to the leader)

Recommended reading: Cerier, Gluten-free Recipes for the Conscious Cook and Going Wild in the Kitchen.

CE credit for RD pending; see page 113.

Leslie Cerier, “The Organic Gourmet,” specializes in whole foods and organic cuisine. With more than 20 years of experience, she is a chef, educator, environmentalist, photographer, and author of Gluten-Free Recipes for the Conscious Cook and Going Wild in the Kitchen, among others.

www.lesliecerier.com

**Step Into Your Life: A Zen-inspired Retreat**

Marc Lesser

In our world of busy-ness, of more/faster/better, this retreat offers time to stop, reflect, and renew. Together we will follow a gentle schedule of sitting and walking meditation, interspersed with time to get to know and learn from each other. The Zen tradition offers a deep, rich, wise, and often humorous tapestry of stories and practices that can be studied and utilized in our work and daily lives—to foster self-awareness, connectivity in relationships, and bring our lives alive in fresh and important ways. During this experiential workshop, we will practice mindfulness, and unpack and apply Zen teachings including generosity, fearlessness, and patience. We will explore how these practices and stories can open pathways to our own aliveness and our ability to authentically traverse the terrain of our lives.


Marc Lesser is CEO of Search Inside Yourself Leadership Institute. He is a Zen teacher, a former resident of the San Francisco Zen Center, and former director of Tassajara Zen Mountain Center. He is author of Less: Accomplishing More By Doing Less.

**From Me to We: The Change Required to Rescue the Planet and Your Life**

Bob Doppelt

Global climate change threatens to undermine the conditions that allowed civilization to thrive on earth. The economy continues to sputter and economic inequity is growing. Personal stress and discontent are rampant. Many people sense that the systems they have long relied on are collapsing. Yet few can explain why, or know what to do about it.
In this workshop, we will explain how today’s problems are of our own making: they result from flawed beliefs and assumptions about how the planet functions and what it means to live a good and decent life. Solutions require a fundamental shift from imagining ourselves as freelstanding organisms—a separate “Me”—which triggers aggressive acts and defensive measures, to experiencing ourselves as what we truly are: interdependent beings completely reliant upon the broader “We”—the earth’s ecological and social systems that created and sustain each of us.

Through talks, group exercises, and personal introspection, we will identify the many systems we are dependent upon, how our actions affect those systems, the moral and ethical principles that guide our reactions to those consequences, our commitment to protecting life on the planet, and our capacity for thinking and acting sustainably. We will also apply five commitments required for the shift From Me to We, and design strategies for motivating friends or coworkers to make the shift.

Recommended reading: Doppelt, From Me to We. CE credit for MFIs and LCSWs; see page 113.

See Seminar Spotlight on page 8.

Bob Doppelt is a counseling psychologist and ecologist grounded in socially engaged Buddhism. He integrates these fields into his work as a climate and sustainability consultant, educator, researcher, and writer. His most recent book is From Me to We.

**Week of March 10–15**

**Romancing the World: Soulcraft, the Dreaming of Nature and the Mytho-Poetic Imagination**

Bill Plotkin & Geneen Marie Haugen

Great visions and essential enactments of human potential emerge from that mysterious place where the taproots of soul intertwine with the dreams of Earth and cosmos. How might we find the wild trail toward this source of world-transforming revelation and visionary action?

Approaching the waters, forest, garden, and creatures (human and other) at Esalen in the way of a lover, we’ll explore how a romance with the world awakens the mytho-poetic imagination. We’ll engage in ceremony, deep imagery journeys, solo wanderings, soul-oriented dreamwork, trance drumming, and dancing. We’ll live the question, If Earth is romancing us for her own purposes—the way the nectar lust of bees serves the desires of flowers—what wild child, what honey, will we create from this joining?

Romancing the world is a way of falling into the depths of soul. It’s a way to nourish greater intimacy with the other-than-human beings with whom we share the glorious physical world and the terrain of psyche. It’s a way of imaginative participation that shifts perception and experience. In the depths of the mytho-poetic imagination await visionary seeds that long for expression in our troubled, tender world—potent seeds for change agents, tricksters, artists, poets, therapists, eco-politicians, and true leaders.

**Active Isolated Stretching: The Mattes Method for Professional Education**

Diane Waye

Active Isolated Stretching (AIS) honors the way bodies actually work to restore or create optimal range-of-motion. Feel your muscles, tendons, and fascia becoming elasticized with each two-second stretch! Fifty percent of the muscles in the human body are difficult to palpate. Over the past forty-five years, world-renowned kinesiotherapist Aaron Mattes has created a system to access every motor muscle with this assisted stretching technique. Every micro-movement potential, joint crossing, and angle of muscle fiber has been analyzed to produce protocols of 220 specific stretches. Oxygenating tissues, realigning muscle and fascial fibers, and how AIS heals deep fascial planes (i.e. the meridians) are explored. While non-professionals with a working knowledge of anatomy are welcome, this workshop is designed primarily for bodyworkers, physical therapists, athletic trainers, and nurses and other health professionals who want to expand their ways of working with their clients and patients by learning this new flexibility paradigm. Bodywork and health professionals will recognize the scientific principles that make it so effective. Neuromuscular re-programming, myofascial release, and re-structuring are intrinsic to The Mattes Method. Participants practice these stretches with each other on massage tables. (There is no nudity in class.) Mindful movement on the part of the practitioner is rehearsed. AIS is for those who are ready to move beyond the dogma of the long-held static stretch, and into the state-of-the-art two-second stretch.

**The Intimate Couple: A Workshop in Integrative Body Psychotherapy (IBP)**

Jack Rosenberg & Beverly Morse

Trust, love, erotic sexuality, and a core experience of self are building blocks for a vital relationship. Yet, unless our bodies are awakened, these remain elusive ideas rather than familiar body feelings. Until we recognize the themes that distort our views, cause our prejudgments, and perpetuate old defensive patterns, it is difficult to trust or be trusted. For a conscious relationship, or even just one that works well over time, we must know ourselves and have practical body-mind mental health tools to resolve the inevitable dilemmas that interrupt our sense of wellbeing.

Today, most couples want an equal and reciprocal relationship, but few know how to accomplish this attunement of partnership. Once you simultaneously experience the internal feeling of self and attunement with your partner—and know what gets in the way—you will know how you got there and how to achieve it again and again.

As a preventive model, this workshop can help you uncover the key undermining themes in your relationship and provide tools to deal with them before they become terminal problems. It will also provide tools for experiencing heightened aliveness, sustaining a sense of self in the body, making sex better, and opening to existential/spiritual themes of intimacy and aging. With IBP, couples can learn how to regain their hope and excitement.

Please note: This workshop is for couples only.

Recommended reading: Rosenberg & Morse, The Intimate Couple; Rosenberg, Rand & Asay, Body, Self, and Soul; Rosenberg, Total Orgasm.

**Active Isolated Stretching: The Mattes Method for Professional Education**

Diane Waye

Active Isolated Stretching (AIS) honors the way bodies actually work to restore or create optimal range-of-motion. Feel your muscles, tendons, and fascia becoming elasticized with each two-second stretch! Fifty percent of the muscles in the human body are difficult to palpate. Over the past forty-five years, world-renowned kinesiotherapist Aaron Mattes has created a system to access every motor muscle with this assisted stretching technique. Every micro-movement potential, joint crossing, and angle of muscle fiber has been analyzed to produce protocols of 220 specific stretches. Oxygenating tissues, realigning muscle and fascial fibers, and how AIS heals deep fascial planes (i.e. the meridians) are explored. While non-professionals with a working knowledge of anatomy are welcome, this workshop is designed primarily for bodyworkers, physical therapists, athletic trainers, and nurses and other health professionals who want to expand their ways of working with their clients and patients by learning this new flexibility paradigm. Bodywork and health professionals will recognize the scientific principles that make it so effective. Neuromuscular re-programming, myofascial release, and re-structuring are intrinsic to The Mattes Method. Participants practice these stretches with each other on massage tables. (There is no nudity in class.) Mindful movement on the part of the practitioner is rehearsed. AIS is for those who are ready to move beyond the dogma of the long-held static stretch, and into the state-of-the-art two-second stretch.

**The Intimate Couple: A Workshop in Integrative Body Psychotherapy (IBP)**

Jack Rosenberg & Beverly Morse

Trust, love, erotic sexuality, and a core experience of self are building blocks for a vital relationship. Yet, unless our bodies are awakened, these remain elusive ideas rather than familiar body feelings. Until we recognize the themes that distort our views, cause our prejudgments, and perpetuate old defensive patterns, it is difficult to trust or be trusted. For a conscious relationship, or even just one that works well over time, we must know ourselves and have practical body-mind mental health tools to resolve the inevitable dilemmas that interrupt our sense of wellbeing.

Today, most couples want an equal and reciprocal relationship, but few know how to accomplish this attunement of partnership. Once you simultaneously experience the internal feeling of self and attunement with your partner—and know what gets in the way—you will know how you got there and how to achieve it again and again.

As a preventive model, this workshop can help you uncover the key undermining themes in your relationship and provide tools to deal with them before they become terminal problems. It will also provide tools for experiencing heightened aliveness, sustaining a sense of self in the body, making sex better, and opening to existential/spiritual themes of intimacy and aging. With IBP, couples can learn how to regain their hope and excitement.

Please note: This workshop is for couples only.

Recommended reading: Rosenberg & Morse, The Intimate Couple; Rosenberg, Rand & Asay, Body, Self, and Soul; Rosenberg, Total Orgasm.
Evolution of Gestalt Series No. 5: Working With Couples

Michael Clemmens, Mark Fairfield, Lynne Jacobs, Mary Ann Kraus & Gordon Wheeler

We know the issues and dynamics of the intimate couple are among the most challenging—and potentially most rewarding—of our practices and of our own lives. When the couple relationship breaks down, often painfully, where do we intervene to support restoration of growth and greater intimacy for each partner, and for the couple as a system? Family of origin issues? Conflict resolution and negotiation skills? Present patterns of contact, support, and shame? Attachment and appreciation dynamics? Each of these and more has a presence in clinical literature and practice; how do we move choicefully among them, or to find new integral approaches to unblock destructive cycling? The Gestalt model is well placed to help us find our way through dilemmas like these in the full range of relational dynamics—and yet a Gestalt theory of couples’ process, breakdown, and potential repair has not yet been fully articulated.

The Esalen Evolution of Gestalt Symposium Series brings together a core faculty of major teachers and writers along with a rich range of participants, with the goal of cocreation and new understanding in Gestalt theory and practice. Using didactic/discussion and experiential modes, we explore ideas and experiences feeding into an ongoing seminar conversation through the week. The outcome is new evolution and articulation of Gestalt theory in this area, based on our basic principles of co-construction of experience, contact, and meaning-making. Afternoons feature workshops presented by Symposium participants themselves (to submit an afternoon workshop proposal, contact info@gestaltpress.com). Collected articles from presenters and participants will be published in book form by GestaltPress/Routledge. Core faculty also includes Judith Hemming, Robert Lee, Leanne O’Shea, Arch Roberts, and Deborah Ullman. The Evolution of Gestalt Symposium Series is co-sponsored by Esalen Theory for Center and Research.

CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh, Pa. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London, and at Esalen. He is the author of Getting Beyond Sobriety, and numerous articles on Gestalt therapy, body process, and addiction.
rare all-men TRE workshop at Esalen, and benefit from deep self-healing. You are the one the world has been waiting for.

David Berceli, PhD, is an international expert in trauma recovery for large populations. Creator of a revolutionary set of Trauma Releasing Exercises (TRE), he has worked globally in war-torn countries and natural disaster zones. www.traumaprevention.com

Sacred Evolution: Yoga and Meditation
Charu Rachlis
“We are living in the most accelerated time of change in history,” Charu Rachlis writes. “The challenge each of us faces is how to navigate these changes with wisdom, creativity, and joy. Yoga as an ancient art and science oriented toward reducing suffering is the path that will guide us in our time together. We will weave together asanas (postures), meditation, pranayama (conscious breath), and restorative poses. In times like now, there are huge opportunities for growth, which we can see as evolutionary gifts. Regardless of where we live, our station in life, or the circumstances we face, if we embrace what is unfolding before us as an evolutionary gift, we will rise up in consciousness to a new pattern of life. The daily practices during this workshop will support us in opening to the new alignments that are available as long as we surrender and invite ourselves to wholeness and deep connection with the earth and the cosmos. We will embark on a beautiful inner/outer journey that can prepare us to take on the joy and responsibility to embrace sacred evolution. Everyone is welcome.” Please bring a yoga mat and a journal.

Charu Rachlis, born and raised in Brazil, has been teaching yoga in San Francisco since 1997. She teaches in a Bhakti lineage. She has a 20-year history of Tibetan Buddhist meditation, and is strongly influenced by Iyengar and Ashtanga yoga.

Experiencing Esalen

Experiencing Esalen Staff

We must answer anew the old questions. “What are the limits of human ability, the boundaries of the human experience? What does it mean to be a human being?”

—From the 1965 Esalen Catalog

Experiencing Esalen is a workshop that introduces participants to some of the transformational practices of Esalen. Designed for first-time participants or those renewing their acquaintance with Esalen, the emphasis is on finding those approaches to personal growth that work most effectively for each participant. Sessions may include: meditation, sensory awareness, Gestalt Practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast.

Walking an Authentic Path: Awakening to Purpose and Meaning in Your Twenties

Soren Gordhamer & Kerena Saltzman

Are you part of the “Y” generation of people currently in their twenties? Generation Y grew up in the information age of social networking, texting, and constantly-connected life, yet often seek a more authentic, deeper connection to their inner wisdom. This workshop is for people who want a life that is aligned with the deep care and passion that they feel inside for the world—a life that is not confined by ideas of who others think they are and who their families want them to be.

We will practice mindfulness meditation, dyad self-inquiry exercises to reveal inner calling, and give and receive authentic feedback in the larger group.

People will have the opportunity to find a deeper connection to what is true for them and create next steps to express this truth. Through the various activities, we will allow people to more clearly see what life is calling forth in them and how that calling wants to be expressed in the world. Participants will come away with a deeper connection of what is true for them, potential next steps to take, and ways the group can support each other after the workshop.

Soren Gordhamer is the founder of the Wisdom 2.0 Conference. He has written several books, walked for a year through various countries, and has taught mindfulness to incarcerated youth, trauma workers in Rwanda, teachers in Nigeria, and at US technology companies.

Kerena Gordhamer Saltzman, LCSW, is a Gestalt therapist who founded the business Through Insight. The company works with UCSC students. Kerena and Soren Gordhamer are siblings and were former staff at Esalen in their twenties.

Week of March 17–22

Constellations for Family and Personal Issues: Liberating Your Potential

Judith Hemming

Constellations are a simple yet profound method to shed light on any areas of unhappiness and distress in our lives. These areas often occur as a result of unresolved and sometimes hidden relational issues. The source of the difficulty may lie beyond our awareness, often in the human systems to which we belong, such as a current relationship, family of origin, friendships, community groups, or our professional life. When we witness and honor these dynamics, we are able to free ourselves from suffering and energy-sapping entanglements.

This approach to healing was originally developed by Bert Hellinger and for the last twenty years has been developed to provide deep levels of resolution for issues such as:

- Relationship difficulties between partners, including divorce and second marriages
- Inability to achieve what we want in life, life choices, and changes
- Problems with money, career, or relational issues at work
- Relationship difficulties between parents and children
- Illness and addictions
- Bereavement
- Fertility, adoption, miscarriage, abortion
- Incest, rape, violence
- Family secrets and ruptures

Everyone is welcome. The work is suitable for people who have no previous experience of...
Constellations as well as those who wish to deepen their previous experience and understanding. It is also suitable for people in the helping professions who wish to explore how the approach would add to their practice. There will also be time for talks and explanations.

CE credit for MFTs and LCSWs; see page 113.
CE credit for nurses; see page 113.

Judith Hemming practices and teaches Constellations worldwide. She has developed and taught applications of the systemic approach in family, educational, and organizational contexts. She is a UKCP registered psychotherapist and the director of Moving Constellations in the United Kingdom.

Advanced Esalen® Massage: Gentle, Creative Stretches in the Flowing Touch of Massage
Daniela Urbassek & Nora Matten
Moving a client’s body on the massage table in a skillful, creative, and attuned way is one of the fine skills of an advanced bodyworker. Gentle stretches not only open the body’s tissues and joints, effectively increasing the client’s range of motion, but also support the soul’s capacity to let go and surrender into a natural state of fluidity, grace, and aliveness.

Weaving flowing, long strokes and creative stretches into your work creates a sense of dancing with the body, adding feelings of freedom, fun, and freshness to your massage. We will blend long Esalen Massage strokes and deeper detail work around the hips and shoulders into gentle stretching moves from Breema, Thai Massage, and Table-Yoga, enhancing the dynamism and healing power of each individual massage. Particular emphasis will be placed on safe and effective body mechanics. In order to enhance the flow of self-healing energy in our clients, we practitioners need to nurture an open, alive creative spirit in ourselves. We will spend some time every session practicing yoga and dance to bring presence and an open heart to our contact and work with each other.

This course is designed for bodyworkers seeking advanced skills beyond those taught in the basic Esalen Massage training.

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

Daniela Urbassek is a longtime member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance.

Nora Matten is a member of the Esalen Massage crew and an Esalen® Massage teacher. As part of the Esalen Movement staff, she teaches dance and yoga. Her work draws on Forrest yoga, Soul Motion, vipassana meditation, Gestalt Awareness Practice, and the Diamond Approach, among others.

The MAX: Expanding the Limits of Your Self-Expression
Paula Shaw
For more than twenty years, THE MAX has held an honored status among the Esalen staff and is considered by many to be an essential rite of passage for community members. The purpose of THE MAX is to discover yourself beyond who you know yourself to be. It is a voyage through your own humanity—a journey to discover the extent of your self-expressive power. Employing a variety of acting, communication, and observation techniques, it’s designed

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
to expand your limits “to the max” and move you into a new arena of personal creativity and self-expression.

In THE MAX, participants undertake a challenging exploration of the sources of their emotional limitations. Working individually, “on stage,” each person is encouraged and supported to go at their own pace, playing to and with other group members. With strong guidance, people move through lifelong fears of being “on the spot,” emerging into greater authenticity and enhanced “presence.”

There are exercises that use raw emotion, role-playing, and dress-up assignments. This is an opportunity to experience yourself in ways you may have dreamed about but never thought possible. The course is for those committed and courageous in their process. And it has been constructed with the understanding that this kind of risk requires a very safe workspace. If your heart beats faster when you think of taking THE MAX, it may be just “the thing to do.” For details visit www.themaxwithpaulashaw.com.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Requirement: Bring a one- to three-minute memorized piece—monologue, poem, song, etc.

Paula Shaw, a professional actress and acting teacher for more than 40 years, has conducted workshops for those interested in expanding their self-expression, wellbeing, and creativity, in the US, Canada, Germany, and the UK. www.themaxwithpaulashaw.com

**Spiritweaves™ Emerge: Come into Being through Evolution**

Michael Molin-Skelton & Anneli Molin-Skelton

What shape waits in the seed of you to grow and spread its branches against a future sky?

—David Whyte

“In this workshop, we will investigate through movement how to receive what wants to break through the surface of our lives,” the leaders write. “As we navigate our capacity to be with what arises, we will also explore how we withdraw from ourselves, from others, and from the world. We will use the catalytic energies of the Rhythms® and Soul Motion™ movement practices to expand our awareness and our ability to be present in our body, while we keep our hearts open to what emerges. Our tendency is to hold onto old structures and patterns well past their date of expiration. Our intention is to release, through movement, old structures that no longer serve us, and find a space within ourselves for something new to take form.

“During our time together you will be encouraged to dance with this unfolding invitation: What can you offer to yourself right now to benefit and bless the future self that you are becoming?

You need no previous dance experience. All you need is a body that is breathing, a heart that is beating, and a mind that is curious.”

Michael Molin-Skelton listens to prayers of the wind and hears music. Michael reaches through dance rather than teaches to dance. “Dance is not something I do, it’s simply who I am.”

Anneli Molin-Skelton is living her dream of inspiring people to discover the forgotten language of their souls by embracing their sacredness and truth in movement. She is a cofounder of the movement sanctuary Spiritweaves.

**Reconcile Your Past and Reclaim Your Future: Intergenerational Healing with Somatic Archaeology™**

Ruby Gibson with Dyrian Benz-Chartrand

What were your grandparents’ and great-grandparents’ experiences? How do their life events affect you? Can your lineage impact your present-day biological, spiritual, mental, and emotional health? How can you change what you inherit?

Join us to learn how intergenerational information is held, managed, and accessed through our soma, the living library of our ancestry. Discover the epigenetic and experiential skills of the Five Steps of Somatic Archaeology—excavate body memory, assimilate stress, and minimize unhealthy patterns passed on to future generations. Explore the roots of repetitive experiences, chronic patterns, PTSD, disease, and addictions. Our soma, neurology, and cells organize themselves instinctually around the inherent beliefs, behaviors, struggles, and beauty of our familial, cultural, and sacred stories. Expanding our awareness to consider the benevolence of the body and its innate capacity to inform, transform, and regenerate balance allows for the integration of intrinsic memory while helping us to distinguish what impacts us, and how we influence life around us, before us, and behind us. Somatic Archaeology utilizes the ancient medicine wheel, somatic attunement, breathwork, aromatherapy, neurophysiology, bioge nealogy, nature resourcing, and stress management models to create profound personal and generational healing. Unearth joy, purpose, creativity, and authenticity for a full life!

CE credit for MFTs and LCSWs; see page 113.

Ruby Gibson, ThM, LMT, is an educator/trainer, author, and certified somatic therapist in practice for thirty years. She developed the intergenerational healing modality Somatic Archaeology™ described in her book, My Body, My Earth, The Practice of Somatic Archaeology. www.ruby gibson.com

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**Weekend of March 22–24**

**MythBody at Play in the Year of the Serpent**

Chungliang Al Huang & Robert Walter

In the Chinese calendar, now in its 79th sexagenarian cycle, a year can be named in three different ways, one of which is after an animal in the Chinese zodiac. So 2013 in the Gregorian calendar—year 4710 in the Chinese—is the year of the Water (yin) Serpent. Though the Chinese system isn’t fixed (as the Western zodiac is), tradition holds that the animal ruling the year of your birth shapes your inherent traits: your “MythBody.” We’ve resurrected that neologism—first coined by Huang for the Esalen workshops he co-led with the late Joseph Campbell—for our annual exploration of “The Way of the Animal Powers”: that vital interrelationship between your physical being and your story of yourself.

This year we’ll examine the mythology of the Serpent. In western lore, Snake is the devil’s representative, a feared and deceitful tempter whose potent poison can destroy even the greatest hero. But in Chinese legend, this silvery creature, who has meditated deep in the mountains for centuries to attain full potentiality, is a beneficent symbol of wisdom, intuition, attraction, intelligence, and mysticism.

Yet in both traditions serpents are symbols of the power of needed transformation. Accordingly, as we mix tall tales with Tai Ji insights, weave calligraphy and conundrum, share poetry and praxis—all in celebration of the marvelous mythic Serpent—we will focus on key transformative moments in our own lives, for as Campbell frequently remarked (quoting Nietzsche), “The serpent that cannot shed its skin must perish.”

For more information, visit www.livingtao.org.

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement medi-
traditional medicine—that help us survive, grow, of being human, we should explore the body’s be, they are a natural part of life. Since it’s part
However, as difficult as these experiences can
Life can be stressful, tense, and traumatic.

Improv Inspiration: Wit and Wisdom in an Instant
Paula Shaw
This workshop is an adventure in releasing programmed patterns and discovering the delight of spontaneous creation. The joy of playing improvisational theatre games comes from surrendering to the process. Each game has focus points that allow you to suspend your accustomed automated and controlled thinking. The liberation that follows fully opens up your mind to imaginative freedom, your voice to new and surprising sounds, verbal humor, eloquence, and flowing physical grace in movement.

In this work, you are never alone. The easy-to-follow instructions and coaching tune you in with the other players, and when that connection is made, instantaneous creativity issues forth effortlessly. Once you’ve allowed yourself to join in, each improvised piece takes flight, with truly amazing results. As a participant in these games, you go back and forth from being a player to being the audience. You play from both positions, and both are filled with fun.

The program is an experience of how wonderfully well life can flow when you get out of your own way, and the learning is what it means to be able to do that. It is also full of falling-down laughter.

All are welcome. Prior improv experience will be forgiven.

Paula Shaw bio on page 50.

Tension and Trauma Releasing Exercises: The Body’s Natural Healing Mechanism
David Berceli
Life can be stressful, tense, and traumatic. However, as difficult as these experiences can be, they are a natural part of life. Since it’s part of being human, we should explore the body’s natural mechanisms—usually overlooked by traditional medicine—that help us survive, grow, and evolve from these experiences.

David Berceli uncovered patterns and behaviors in the body’s healing processes that help us restore ourselves and develop as humans—even from difficult experiences. These patterns reside in everyone and reveal the basic nature of the human organism. This body-based method of healing evokes a natural reflex pattern held in the mind’s procedural memory for recovery. In uncomplicated terminology, participants will learn about the neuro-physiology of trauma. Each day theory and practice will be intertwined to help participants understand their personal body histories. This self-directed method allows individuals to control their own recovery process, allowing it to progress in a safe, healthy, and integrating manner.

This workshop can be of special use to psychotherapists and health professionals in their work with clients and patients.

CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.

David Berceli, PhD, bio on page 48.

Opening Doors to the Creative Flow
Thomas Michael Fortel
Opening Doors is a basic weekend art workshop, an exuberant Art 101. No experience is required. We will be using multi-media materials with exercises that defy straight lines and standard applications. The point here is for us to play with color, shapes, and value through a variety of media, exploring unusual ways to create with acrylic paint, pastels, and graphite.

We’ll begin each morning with some breathing exercises, imagining the inspiration that comes with conscious breathing. Be prepared for fun.

If you know exactly what you are going to do, what is the point of doing it?
—Pablo Picasso

($20 materials fee paid directly to the leader)

Thomas Michael Fortel bio on page 17.

Living Deeply: The Art and Science of Transformation
Cassandra Vieten & Daniel Ellenberg
We are each always changing, always growing. But sometimes we encounter moments or periods of life that are so potent, and so full of potential, that they transform our consciousness, fundamentally shifting our worldview, our motives and priorities, and how we relate to ourselves, others, and the world. Where we have been limited, we expand. We become more open, balanced, and aligned with our true values. Compassion for self and others arises more naturally.

For more than a decade, research at the Institute of Noetic Sciences has examined how these transformations happen and how they can lead to greater meaning, joy, and purpose. No matter who you are, where you come from, or what your current transformative path is—whether you seek to transform your life completely or simply make adjustments to add richness and depth—learning more about the terrain of consciousness transformation can not only give you a map, but also can help you become the cartographer of your own journey. Using lecture, video, discussion, creative process, and deeply embodied experiential play, we will weave scientific findings together with wisdom from the world’s spiritual traditions and your own authoritative wisdom to explore deep shifts in consciousness, and how they can be integrated into everyday life.

CE credit for MFTs and LCSWs; see page 113.

Cassandra Vieten, PhD, is director of research at the Institute of Noetic Sciences, a licensed clinical psychologist in San Francisco, and vice-president of the Institute for Spirituality and Psychology. She co-wrote Living Deeply: The Art and Science of Transformation in Everyday Life.

Daniel Ellenberg, PhD, is a leadership coach, group facilitator, organizational trainer, and licensed therapist. He is a principle in both Relationships That Work and Authentic Leadership Institute. He leads men’s growth groups and co-authored Lovers for Life.

Being Present for Your Life: Introduction to Mindfulness Meditation
James Baraz
How much are you present for your own life? Most of us spend more time in our own inner world—worrying about the future, replaying the past, or lost in fantasy—than experiencing what life is offering to us right now. The present moment is where we can most directly be intimate with our life—touched by beauty and intimacy, while learning through the difficult lessons how to open our hearts.

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace by learning to be mindful of what is actually happening in the present moment. Using the breath, body sensations, thoughts, and emotions as objects of
attention, we can learn to be more fully awake. When we see directly that the nature of reality is change, we begin to let go of clinging to the pleasant or avoiding the unpleasant. We become more capable of meeting each situation with spontaneity, fearlessness, and love.

Participants will be introduced to this meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation as well as discussion, providing a foundation for applying mindfulness practice to everyday life.

Recommended Reading: Baraz and Alexander, Awakening Joy: 10 Steps that will Put You on the Road to Real Happiness; Goldstein, The Experience of Insight; Salzberg, Real Happiness.

Week of March 24–29

As Above So Below: The Alchemy of Destiny

Benjamin Fox & Lorie Dechar

In every life, there are times when Heaven and Earth meet. At these moments, we know who we are and why we are here. Our lives have meaning, purpose, and passion. How can we bring more intention to these chance meetings of Above and Below? How can we play a more active role in the manifestation of our destiny? In ancient alchemical traditions, the goal of the Great Work was the marriage of Spirit and Matter, an embodied life directed by a divine mandate. The achievement of this union was the true gold of the alchemical quest. This workshop opens us to the celestial maps that guide our lives, while offering skills and tools that will allow us to read these maps as we journey toward the fullest expression of who we are. Turning to Evolutionary Astrology, Taoist and archetypal psychology, dream work, plant-spirit medicine, and story-telling, we’ll explore the unique patterns and myths that organize our lives. In the process, we’ll support one another in transforming the stuck places of our relationships, our work, our health, and our creativity in order to live more fully in integrity with our true selves.

Recommended reading: Dechar, Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing; Forrest, The Inner Sky; Johnson, Inner Work: Using Dreams and Active Imagination for Personal Growth.

Benjamin Fox is a licensed massage therapist, certified Zero Balancer, and Evolutionary astrologer. He is a co-founder of A New Possibility, Inc., whose mission is to transform people’s lives through healing, education, and community-building. www.anewpossibility.com

Lorie Eve Dechar is the author of Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing. Her work as an alchemical healer is supported by 25 years of Chinese medical practice and extensive training in Jungian and Gestalt psychotherapy and Focusing-oriented psychotherapy. www.fivespirits.com

The Inner Web of Well-Being: Feeling From the Inside Out

Jim Kepner & Carol DeSanto

Subtle energy in the nervous system shows us the intrinsic interconnection of all levels of our being, from densest bone to the finest aspects of our energy field. This magnificent circuitry weaves together our physical tissue, the body’s energy pathways, the chakras, and our auric field, becoming the perfect conduit for deep healing and profound spiritual experience. Energy work in the nervous system has immediate impact on health, energy capacity, body awareness, mood, and consciousness. We use this work daily to reset trauma reactivity, regulate body systems,
create a palpable sensation of flow, modulate effects of medical treatment, access spiritual awareness, and help ourselves and others feel better and better. Through exercises, presentations, demonstrations, and hands-on practice you will be taught:

- To identify the energetic texture and feel of the nervous system
- To energetically clear the nervous system
- To promote wholeness of body, mind, and spirit
- To use subtle energy to modulate the autonomic nervous system in stress and trauma
- To support body tissues and organs during illness and challenging medical treatments
- To enhance spiritual practices via the interconnection of the chakras, aura, and the nervous system

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

**Jim Kepner** is a psychologist and the author of Body Process and Healing Tasks. He teaches internationally on the application of Gestalt Body Process Psychotherapy to healing in trauma, stress, and illness. Jim is the co-originator of Nervous System Energy Work.

**Carol DeSanto** is the cofounder of Nervous System Energy Work and a psychotherapist in private practice. She has been a longtime student of Rev. Rosalyn Bruyere. Her special interests in energy work encompass addiction-recovery, health and healing, and work with cancer and chronic illness.

**Gravity and Grace: The Seeds for a Creative Yoga Practice**

**Peter Sterios**

Your yoga practice is frequently a rich source of paradox, where you are drawn toward mercurial experience. The five-day program will include gravity-supported movement and meditation, with an emphasis on quiet self-inquiry, with the goal of discovering how you can bring a little more freedom and intelligence into your life, born from the wisdom of your own experience. Students at all levels are welcome.

**Recommended reading:** von Dürrckheim, Hara - *The Vital Center of Man.*

**Peter Sterios** is a yoga instructor whose award-winning DVD, Gravity & Grace, was selected in the 'top 15 yoga videos of all time' by Yoga Journal. In 2012, he was one of a select group of instructors invited to the White House to teach yoga for Michelle Obama’s anti-obesity initiatives.

[www.petersterios.com](http://www.petersterios.com)

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**Weekend of March 29–31**

**The Magical Family**

**Ivy Mayer Lavie**

The Esalen Art Barn is home base for this weekend of play, creativity, and celebration. Families will have the opportunity to explore, make art, and celebrate a renewed connection with each other. There will be space to connect as a family unit, and connect with the larger community. Special discussion for parents and those in the health professions will offer information on assisting children with self-regulation utilizing dyadic regulation techniques, nature, and the arts. There will be visual arts activities, including making puppets, magic wands, painting, and more. Expressive arts such as yoga, dharma games, sports, night hikes, and exploring in nature are also shared. Families can journey through a magical space that brings together the natural California coast and the creativity that emerges when a group comes together.

This workshop is designed for families of all configurations, with children of all ages. Children must be accompanied by an adult. If you have specific questions, please feel free to contact the workshop leader at ivymayer@yahoo.com.

($10 fee paid directly to the leader)

**Ivy Mayer Lavie, MFT, is influenced by Somatic Experiencing, the Hakomi Method, and her teaching experience, including for The Marin School, The Moving Center School, Spirit Rock, and Yes! She offers Coming of Age programs, psychotherapy, trauma and resiliency work, and movement workshops. She is an original “child of Esalen” who loves to share Esalen with families.**

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**Gravity and Grace: The Seeds for a Creative Yoga Practice**

**Peter Sterios**

For years, Joseph Campbell celebrated his birthday (March 26th) at Esalen. To explain why, he would tell of Carl Jung’s wondering, “What myth am I living by?”—and when he realized that he didn’t know, writing, “I took it upon myself to get to know ‘my’ myth, and I regarded this as the task of tasks.” “That’s what a birthday is for,” Campbell would conclude, “and what Esalen is about.”

In March 1988, five months after Campbell’s death, some of his friends again gathered at Esalen for “Campbell Week”—a tradition that has endured. Eventually we dubbed these festivities “A Mythological ToolBox,” to acknowledge that familiarity with Campbell was not needed to retell the myths that shape one’s life—though a sense of humor certainly helps.

We’ll recall dreams and rekindle visions using such mythmaking tools as drums and dance, music and song, masks, medicine bags, and altars. Our mix of individual, small-group, and collective activities will provide opportunities for both reflection and expression.

Who were you? What mise-en-scènes inspire your biographical saga? What treasures have you banished to the basement, secreted in the attic? Who are you? What’s displayed in your home or dangling from your rearview mirror? Who do you aspire to be? What face do you envision in the mirror? What remains on your bucket list? If you dare to revision yourself, then join our springtime rituals of rebirth.

Please bring a meaningful but expendable token, a drum or percussive instrument, and an unsung story or evocative song.

For more information, visit [www.jcf.org](http://www.jcf.org).

**Robert Walter** bio on page 52.

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**Be Here Wow! Meditation and Yoga for Fun and Enlightenment**

**Wesley Nisker & Katchie Ananda**

*Oh wondrous creatures, by what strange miracle do you so often not smile?*

—HAFIZ

Many of us are amazed when we read the latest scientific discovery about the size of the cosmos or the workings of biological evolution, but few of us know how to bring that sense of wonder and delight into our lives. In this workshop we will make creative use of classic Buddhist meditation practices and Anusara Yoga to help us embody the amazement of being alive and human.
This workshop combines the traditional practice of Buddhist mindfulness meditation with sessions based on Anusara Yoga. Periods of meditation will alternate with yoga, allowing the techniques to support each other and create a sense of mind-body connection, vitality, and well-being. The weekend will provide ample time for discussion and interviews, as well as attention to individual challenges. There will also be talks, an exploration of Buddhist and yogic philosophy, as well as plenty of poetry and good humor.

The workshop is appropriate for both experienced and beginning students of either mindfulness meditation or yoga. Please bring a yoga mat.

Wesley “Scoop” Nisker is a Buddhist meditation teacher, radio commentator, and performer. His books include Essential Crazy Wisdom, Buddha’s Nature, and Crazy Wisdom Saves the World Again! Wes teaches at Spirit Rock Meditation Center in Woodacre, Calif. He founded and co-edits the journal Inquiring Mind. www.wesnisker.com

Katchie Ananda is an internationally recognized yoga and dharma teacher whose leadership in yoga and social change prompted Yoga Journal to name her one of five top yoga teachers making change in the world. www.katchieananda.com

Spiritwalker: Shamanic Journeywork and Empowerment

Hank Wesselman

Many of the indigenous peoples perceive that our world is made up of two halves—a world of things seen and a world of things hidden—and they draw no distinction between them. They understand that the two halves present themselves together, mixed into one commonality. They also know that the hidden world is inhabited by a variety of transpersonal forces they call the spirits, and by entering into relationship with them, life can become an extraordinarily enriched adventure.

This introductory experiential workshop with anthropologist Hank Wesselman will utilize shamanic journeywork, an ancient form of meditation, to bring us into connection with our inner sources of wisdom, power, and healing, and especially with those helping spirits who are the holders and keepers of our life paths. We will also work with the issue of personal empowerment as well as how to restore power to someone who has lost it. Bring hand drums and rattles if you have them, a notebook, a bananana or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.

This workshop will serve as a powerful foundation for the Visionseeker III: Shamanic Cosmology workshop scheduled March 31 – April 5.

Recommended reading: Wesselman, The Bowl of Light and The Spiritwalker Trilogy; Wesselman and Iungerman, Awakening to the Spirit World; Wesselman and Kuykendall, Spirit Medicine.

Hank Wesselman is the author of eight books on shamanism including the Spiritwalker Trilogy, Awakening to the Spirit World (with Sandra Ingerman), and The Bowl of Light. He conducts anthropological research in Ethiopia investigating the mystery of human origins.

How Ancient Stories Can Improve Our Modern Lives

Gahl Sasson

The Bible is the most read book in the world. How could tales written 3000 years ago in a far-away place influence our ecology, politics, and sexuality? Why are 50% of the 10 most popular names in the US biblical? What is it about these stories that can heal or kill? How could you utilize these stories to improve your life? For centuries the Bible has been kidnapped by individuals who used it to control populations. It’s time to reclaim these humorous, mischievous, and enlightening stories and apply them in our own lives.

The workshop sheds light on the lessons these timeless stories teach us, including:

• Adam and Eve – how an LSD trip isn’t the same as enlightenment
• Jacob and the art of lying – dysfunctional families and lucha libre
• David’s forbidden loves – denim jeans and how your imperfections are what make you perfect
• Jesus’ soul mates – how selfless sacrifice can change the world

The workshop includes storytelling, PowerPoint presentations of biblical art, and activities such as Bible charades, reenactments of biblical scenes, and guided meditations using the Hebrew alphabet.

Recommended reading: The Old Testament; Sasson and Weinstein, A Wish Can Change Your Life.

Gahl Sasson has been teaching workshops on mythology, Kabbalah, and mysticism for more than a decade. His books have been translated into multiple languages and are endorsed by HH the Dalai Lama, Laura Day, and John Edward. www.CosmicNavigator.com

Gestalt Body Process Psychotherapy: An Introduction for Therapists

Jim Kepner & Lourdes Quiroz Kepner

This workshop, designed for those in the healing professions, will introduce the concepts and practices of a Gestalt way of working with embodiment, as outlined in Jim Kepner’s book, Body Process. Health professionals will find ways to be more embodied themselves and how to work with a client’s body process and body experience. Participants will be taught exercises, observe demonstrations, and practice skills with one another. The group will explore the following concepts: The embodied field, embodied empathy and modeling, embodied language and the use of gesture, breathing, movement, and safe use of touch.

The workshop is taught in English and enhanced for Spanish speakers by expert assistance and supervision from Lourdes Quiroz Kepner. This is especially helpful for adapting embodied language and other concepts from English expression. This workshop is intended for therapists and health professionals who want to enhance body-oriented work.

Recommended reading: Kepner, Body Process.

How to Think Like Leonardo Da Vinci

Michael Gelb

Thinking creatively, learning faster, and staying centered—these abilities are at a premium in a rapidly changing and complex world. What if you could call on history’s greatest genius, Leonardo da Vinci, to be your personal mentor in cultivating these highly prized elements of human capital? Anatomist, architect, botanist,
Leonardo invented the parachute before anyone could fly. That’s thinking ahead! Imagine what you will accomplish when you learn the approach of humanity’s supreme archetype for the fulfillment of human potential.

Recommended reading: Gelb, How to Think Like Leonardo da Vinci, How to Think Like Leonardo da Vinci Workbook, and Da Vinci Decoded: Discovering the Spiritual Secrets of Leonardo’s Seven Principles.


Michael J. Gelb is a pioneer in the fields of creative thinking, accelerated learning, and innovative leadership. He has written 13 books, including How to Think Like Leonardo da Vinci and Brain Power: Improve Your Mind as You Age.

Start Writing Today

Steven Pritzker

Whether you are an experienced writer who wants a jump start or you have always promised yourself you would write someday, this workshop will get you started writing in a positive, nurturing atmosphere. If you have procrastinated (and what writer hasn’t?), you will be surprised how free it is to write without expectations. You will learn by writing and reading your work aloud, which will give you immediate feedback. You will also learn about the factors that can get in the way of writing through a deeper understanding of your creative process. We’ll talk about blocks that can get in the way of writing, perfectionism, spirituality, writing as a healing process, and other aspects of creativity. You will have the opportunity to understand more about the conditions that encourage your writing including setting a realistic, disciplined schedule, tapping into a flow state, and finding joy in writing.

Recommended reading: LaMott, Bird by Bird; Perry, Writing in Flow; Kaufman & Kaufman ed., The Psychology of Creative Writing.

Steven Pritzker is a professor of psychology, writer, creativity coach, and director of Creativity Studies at Saybrook University in San Francisco. He co-edits The Encyclopedia of Creativity and wrote for network television.
Visionseeker III: Shamanic Cosmology
Hank Wesselman

Over the past 35,000 years, indigenous shamans developed a methodology to expand awareness and explore the many dimensions of reality, generating a rich body of knowledge about the nature and function of the sacred realms. Unfortunately, ever-multiplying overlays of spiritual scripture and esoteric literature have obscured our understanding of these hidden worlds. Today, this confusion is being reversed as the methods of the shaman are being reconsidered by non-tribal Westerners seeking direct experience of the transpersonal realms once again.

Hank Wesselman writes, “This workshop will engage participants in investigative shamanic fieldwork into the numerous regions of the spirit worlds where all mysteries become known. We will deepen connection with our spirit helpers as well as our oversoul and the elder spirits who serve as master teachers on our Cosmic Committee. We will hone our abilities in areas such as divination and attempt to learn more about those localities where the most creative work of souls is accomplished. We will explore the nature of who and what we really are, providing an expanded perspective on the destiny of souls.”

Note: Bring a rattle, a drum, a notebook or sketchpad, a set of oil or chalk pastels, a bandanna or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.

Recommended reading: Wesselman & Kuykendall, Spirit Medicine; Wesselman, The Journey to the Sacred Garden and The Spiritwalker Trilogy.

CE credit for MFTs and LCSWs; see page 113.

Hank Wesselman bio on page 55.

Transforming Trauma with EMDR: Advanced Clinical Workshop and Refresher Course (Part 3)
Laurel Parnell

Refresh your technique and review EMDR (Eye Movement Desensitization and Reprocessing) protocols and procedures, consult on your difficult cases, watch demonstrations, and practice EMDR in small, supervised groups. Instruction will focus on using EMDR with complex cases, resource development and installation, target development, and cognitive interweaves.

This EMDR course is for participants who have completed either Level II training or an equivalent EMDRIA-approved course.

Required Reading: Shapiro, Eye Movement Desensitization and Reprocessing.

Recommended reading: Parnell, A Therapist's Guide to EMDR, Tapping In and EMDR in the Treatment of Adults Abused as Children.

($20 materials fee paid directly to leader for manual and handouts)

CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Laurel Parnell is a psychologist, author, consultant, and EMDR trainer who has trained thousands of clinicians internationally. The author of numerous books, including the forthcoming Attachment-focused EMDR: Healing Relational Trauma, she maintains a private practice in San Rafael, Calif.

The Profound Simplicity of Being Present: A Gestalt Workshop
Alan Schwartz

In The Feeling of What Happens, Antonio Damasio defines the human organism as “really a sense of self about one moment—now—and about one place—here.” This has been the Gestalt point of departure at Esalen for more than forty years.

Using the three E's of Gestalt: Experiment, Experience, and the Existential, you can access the here-and-now as a personal foundation for deepening strength and self-supports in the uncertain present. In effect, we can increase stability as we face an equally uncertain future. This process involves recognizing and experimenting with self as a breathing mechanism within a structure of fixed patterns of behavior. We work toward as much deconstruction of these patterns (fixed gestalts) as possible to allow deeper and truer contact with self and with group members who, in all honesty, are representative of family and others in our lives.

In addition to intrapersonal and interpersonal processes, we address issues of body defenses (armor). We can explore this rebuilding of self-supports together. The new and the unexpected in our lives can then become creative opportunities rooted in our compassionate presence. There will be appropriate didactic work.

CE credit for MFTs and LCSWs; see page 113.

Alan Schwartz, author of Life Force: Death Force, pioneered the understanding of energetic dynamics and its relationship to Gestalt therapy. A student and colleague of Laura Perls, he also studied with Lowen and Pierrakos. He has taught the Gestalt approach worldwide since 1970.

The Bridge Back Home: Buddhist Practices Carry the Healer Back to Wholeness
Constance Hills

People who work in the healing arts are true bodhisattvas (those dedicated to the cessation of suffering for all beings). A paradox lies at the heart of our work, however. Devoting ourselves to the care of others brings joy and equanimity, yet we are at risk for giving ourselves away to the point of exhaustion or burnout. Losing our own way can be confusing and sometimes laced with shame.

This is a Buddhist-inspired wellness retreat for healing arts practitioners who want to find their way back to wholeness through a fresh lens. Engage in core Buddhist teachings, including the importance of a teacher, the cause and cessation of suffering, and the power of metta (Loving-kindness). Participate in Buddhist practices that have been known to restore the mind and body for centuries. Calm your mind through sitting meditation (vipassana) led by the instructor. Connect with your vitality through mindful walking meditation and lying down body-scans. Buddhist practices not only revitalize the practitioner, but our renewal can increase our efficacy with clients. This workshop is for early career and seasoned healing arts professionals. After breakfast and sunset sessions, participants are free to enjoy Esalen splendor on their own in the evenings. No prior meditation experience is necessary. Bring your own meditation cushion if you have one.

Recommended reading: Hanh, The Heart of the Buddha’s Teaching; Ladner, The Lost Art of Compassion.

Constance G. Hills, PhD, is a licensed psychologist who has been working in the field of mental health for more than 20 years. She is a student of the venerable Buddhist teacher, Dr. Rina Sircar. She maintains a private practice in San Francisco, Calif.

www.conniehillsphd.com

Shall We Dance?
John Harris

In this workshop, we will explore how to fully engage with ourselves in relationship using...
partner dancing as the vehicle. Designed for both couples and singles, we will inquire into the following questions via systemic process work and group dialogue: How do I hold onto my integrity and identity yet stay in relationship with another? How do I make the transition from being on my own to being in relationship and vice versa?

The main vehicle for this exploration will be partner dances from Cuba and Argentina. There will be approximately equal time devoted to Argentina's Salon style tango and Cuba's Salsa Rueda.

Argentine tango, with its sultry rhythms and intimate embrace, offers an opportunity to develop an acuity to what the music asks of us while tuning in to our partner and ourselves. This dance asks both leader and follower to surrender to a force much bigger than the sum of two individuals moving around the dance floor. The dance can be a metaphor for agreeing to events in our personal and family biography that shape who we are. Salsa Rueda, more commonly known as the community dance, is simple and enjoyable. With a focus on cooperation and contact, this dance makes an excellent metaphor for inspired communication and a relational approach to the world and the people in it.

All levels of ability are welcome including absolute beginners, occasional or regular partner dancers, and those who prefer to free dance.

John Harris has been teaching partner dances since 1996. He leads dance-based holidays to Cuba and Argentina, and has taught internationally. He incorporates his Hatha yoga and Systemic Life Coaching experience into his teaching. www.morethanadance.com

Gyrokinetics

Juergen Bamberger

Gyrokinetics is a movement methodology based on circular and spiraling body motion. It uses the natural movement capabilities of the spine to increase the circulation of vital energies. Gentle undulations, spirals, and waves stimulate and activate all systems and tissues within the body. Through rhythm and synchronized breathing, an internal massage effect is created. The circular movements open all joints systematically and strengthen their surrounding structures. They stretch and strengthen major muscle groups through full-body coordination. Taking this journey through your entire body opens your awareness to your energetic and physical structures.

Each day starts with the awakening of your body, followed by a full Gyrokinesis class, and ends with meditation. Through this process you explore the interconnection between movement, breath, sound vibration, and subtle energy flows. The workshop is open to all levels. It is an opportunity for an in-depth Gyrokinesis experience taught by one of the most experienced teachers of this system. Weather and fire season permitting, a sweat lodge may be offered, for which participants will be asked to make a small donation. Please bring something to scrub with, like luffa gloves, wash cloth, or towel.

Juergen Bamberger is an educator and pioneer in the Gyrotonic field who has trained countless Gyrotonic instructors around the world. His 20-year teaching experience is infused with his background in dance, many modalities of bodywork and movement techniques, and energy work.

Art as a Spiritual Path: Paintings that Awaken the Soul

Paul Heussenstamm

The practice of painting is healing and meditative. No experience is necessary as we transform our everyday consciousness into the inner artist that lives in each of us. The week is designed to introduce the possibility that you are an artist, and that the artist path is one of joy, insight, and awareness. It’s amazing that in just a few days, you can finish a colorful painting that reveals many of the deep inner patterns that connect you with your soul. After seeing mandalas made during Paul’s workshop, Eckhart Tolle commented, “These paintings carry a healing presence.” Deepak Chopra said, “These paintings are archetypal manifestations of higher consciousness.” After the workshop, you will have the foundation for painting sacred art and mandalas at home, as you continue on this path of self-discovery and the newfound relationship to art and your soul.

Recommended reading: Heussenstamm, Divine Forces: Art that Awakens the Soul.

($50 materials fee paid directly to the leader)

Paul Heussenstamm comes from a family immersed in art and spirituality. At 35 years old, he began painting in earnest after a single art class expanded into a consuming passion, a new profession, and a new perspective on life. He understands mandalas as psychic maps and symbols of wholeness.

Weekend of April 5–7

Yoga Practice: Refining and Magnifying Body, Mind and Being

Thomas Michael Fortel

“One of the fundamental tenets of yoga philosophy,” writes Thomas Fortel, “is that every human being is, at core, an expression of divine light and love. The yogis refer to this as the Supreme Self or Inner Self. We can imagine it as consciousness expressing itself as an individual. Many of us glimpse this from time to time, but the thrust of our journey is to honestly address the physical, mental, and emotional toxicity that covers up our inner luminosity. This is the necessary paradigm shift as we move into a fuller expression of our true nature.

“Yoga practice is a double-edged sword requiring both effort and surrender. Effort is necessary as we purify, refine, and integrate body, mind, emotion, and spirit. Surrender is critical in the face of alchemical transformation; letting go leads us into the restoration and edification of our true nature, divine light. These principles unfold in the yoga room as we place our bodies into postures (asanas), focus our awareness on breath (pranayama), and enter the sanctuary of the heart (meditation or dyana).”

Everyone is welcome. Please have a minimum of three months of recent yoga experience. Please bring a yoga mat.

Thomas Michael Fortel bio on page 17.
Friends of Esalen Heritage Weekend
Bill James & Esalen Luminaries
This weekend celebration is for those friends who share a deep and special love of Esalen and have a passion to see Esalen endure for future generations. We especially invite and will recognize members of our Legacy Circle who have included Esalen in their estate plan. During this weekend we will honor Esalen’s past, celebrate its present, and creatively explore its future. This is an opportunity to explore Esalen’s mission and future vision with Esalen leadership, as well as engage with Esalen’s next generation. This will be a fundraiser, and participants will be asked to pledge a minimum donation of $500 in addition to normal tuition.

Once again, we will evoke the extraordinary range of visions, powers, gifts, and surprises that Esalen can encourage, and connect with and learn from some of the best Esalen faculty. You are invited to come and share your Esalen stories, life-changing transformations, and write a “Love Letter to Esalen.” It is a time to be surrounded with kindred spirits, enjoy music, gestalt, meditation, and art work. Together we will share, as always, the blessings of the ocean, the grounds, the baths, and the food. Won’t you join us as we kick off our fifty years?

Bill James is one of Esalen’s most frequent visitors, attending workshops in diverse fields such as psychology, writing, singing, hypnosis, self-awakening, and massage. An active donor to Esalen since the 1980s, Bill is a member of Esalen’s Board of Trustees.

ChiRunning®
Christopher Griffin
ChiRunning is a revolutionary approach that addresses the problem of injuries by combining the inner focus of Tai Chi with running. This innovative running technique brings together body alignment and relaxation so you can run with more ease and fluidity than you ever imagined.

Many of us have experienced running as an activity that takes a physical toll with sore muscles, knee injuries, hip pain, or shin splints. As Danny Dreyer, founder of ChiRunning says, “It’s not running that hurts your body … it’s the way you run that does the damage.” The ChiRunning method has been successfully taught to thousands of people with profound results.

Classes will include drills and exercises that bring a new level of depth to your exercise routine and transform running from a sport to a mindfulness practice. For those seeking a way to supplement yoga practice with aerobic and weight-bearing exercise, ChiRunning will show you how to bring all of the core strengthening of yoga into both walking and running.

This workshop is designed for all abilities, from total beginners to seasoned veterans.

Please note: Bring running shoes, shorts, sweatpants, and clothing layers that will allow you to adapt to the weather. The class is open to people who have no debilitating injuries that would prevent them from fully participating. Running experience is not necessary as long as you are a walker with an interest in running.

Chris Griffin is a Master ChiRunning/ChiWalking Instructor, mentoring with the founder of ChiRunning/ChiWalking, Danny Dreyer. Chris lives in Mill Valley, Calif., and travels throughout the US and Canada teaching this technique.

Experiencing Your Spiritual Self
John Hiatt & William Foote
Many of life’s important questions simply can’t be figured out by using the tools of the ego. Learn techniques for accessing different levels of your being where useful information or insights reside. You begin by formulating a significant personal question and then learn two methods for accessing information relevant to the question or its resolution. The first is the Transpersonal Experiential, a process for going into altered states of consciousness. This method draws on techniques including elements from Zen Buddhism, Vipassana, Carlos Castaneda/shamanism, and other mystical traditions. It does not involve rigorous exercises or the use of drugs. It differs from guided imagery, hypnosis, and meditation, and is best likened to a waking dream, in which the ordinary limits of time, space, and causality do not apply and the impossible can happen. The second method is based on the chakra system and teaches how energy is held and how you can use those patterns of energy to help understand challenging or ambiguous situations.

The leaders assist everyone in their exploration. Spontaneity is encouraged and prior expectation discouraged. This allows for the appearance of something new, which is a key requirement for change and growth. Over the course of the workshop, we will conduct a series of exercises using these methods and follow each with a discussion of its meaning both for our personal process and as a window into the nature of the universe and our place in it. Parallel children’s programming is available for parents who would like to bring their kids.

CE credit for MFTs and LCSWs; see page 113.

John Hiatt, clinical professor of psychiatry in the UCSF School of Medicine, also directs General Outpatient Services at the San Francisco VA Medical Center. He founded the Transpersonal Care Program at the VA, which offers spiritually-based treatment. He recently opened a private practice.

William Foote is a psychologist in private practice for more than 30 years. He has been doing transpersonal work during most of his career and has co-taught courses at the American Psychiatric Association meetings for many years.

Gay Men Thriving—at Midlife (and Beyond!)
Rik Isensee & James Guay
Bombarded with youthful images in both gay and mainstream media, many gay men approach the midlife transition with a sense of foreboding. Yet the experience of coming out and building our own self-confidence in the face of oppression has provided us with essential skills for handling major challenges in our lives.

How can I enjoy the aging process more fully? How can I still enjoy my body as it ages? How can I build a better relationship with myself over time? In this workshop, we’ll counter negative stereotypes with positive aspects of gay midlife, such as authenticity, equanimity, and a sense of spirituality or meaning. We’ll share the effects of aging on body image confidence, sexuality, dating, and relationships.
We'll also look at how gay men often resemble the trickster figure in traditional cultures: we're often the shape-shifters, creative healers, and shamans of modern culture, meeting life's transitions with wisdom, healing, and humor. Through playful exercises using movement, mindfulness, and evocative imagery, we'll celebrate these gifts, and at the same time encourage an awareness of undeveloped aspects of our own lives that long to emerge. Explore how to thrive at midlife. Professionals will also be able to apply these insights in a clinical setting, if desired.


Rik Isensee, LCSW, has written three self-help books for gay men, including Are You Ready? The Gay Man's Guide to Thriving at Midlife. He practices psychotherapy in San Francisco, and specializes in working with gay men and gay couples. www.gaymenthriving.com

James Guay is a psychotherapist (licensed marriage and family therapist) and certified personal trainer in private practice since 1999. He specializes in body image confidence with gay men. www.LivingMoreFully.com

From Altered States to Altered Traits: Hacking the Flow State to Lead, Live and Learn Better Than Ever
James Wheal & Steven Kotler

Flow—that peak performance state where action and awareness merge, time stops, and the impossible becomes not only possible, but delightful—has fueled some of the greatest accomplishments in human history. From Albert Einstein divining the secrets of quantum mechanics while floating on Lake Geneva, to big-wave surfer Laird Hamilton dropping into the deadly Millennium Wave in Tahiti, human beings have performed at their best when consciously thinking about it the least.

Up to now, these fleeting moments of grace have struck without warning and vanished as quickly as they came, leaving their recipients confounded and with no way to reliably repeat the experience. Now, the Flow Genome Project, founded by Steven Kotler and James Wheal, is

Sharon Virtue is an artist with more than 25 years of teaching experience. She also works internationally on community development projects. Her most recent art award is from the National Endowment for the Arts. In 2010 she worked as an art therapist with Save the Children in Haiti. www.virtuevision.org

Releasing the Wildness Inside Us: Your Bold, Brilliant, Creative Self
Sharon Virtue

Are you interested in art workshops but have never been into Esalen's Art Center? If you have never had the nerve to explore your creative potential or if you are already an artist and want a fresh approach to working more freely and intuitively, this is the workshop for you. You are invited on a journey of fearless discoveries. Everyone is welcome. The only prerequisites are your life experience and a willingness to play.

As we immerse ourselves in this workshop, you can release your inner wild child. Through a series of creative games including singing, dancing, and painting, we play the game of chance to spark inspiration and imagination. Exercises are designed to open up the channels to our creative voice, body, and vision, becoming a joyous ritual of manifestation and a path to your own inner wisdom. Don't limit yourself! This workshop includes a variety of disciplines, including yoga, somatic relaxation, meditation, vocal exercises, collage, and painting. It will be a pleasantly surprising and enriching experience on many levels for all.

($30 materials fee paid directly to the leader)
setting out to reverse-engineer the genome of Flow and make it available to everyone by 2020. During this workshop, they will share all their newest research. You will be taught what Flow is, how to experience it, and what to do with it once you have: unlocking creativity, harnessing inspiration, mobilizing community, and just maybe, finding the way into a future we’re all finally ready for.


($15 materials fee paid directly to the leader)

James Wheal, executive director of the Flow Genome Project, is a culture architect who designs and delivers dynamic learning experiences, like taking a bunch of executives ski-mountaineering to learn high-risk decision making, and leading a Lord of the Flies war game in the Utah canyons to explore warrior ethics.

Steven Kotler is the bestselling author of Abundance: The Future is Better Than You Think. He has taken “participant observer” to new levels as dance: The Future is Better Than You Think.

Charles Muir, a professional yoga instructor since 1976, is director of the Source School of Tantra Yoga in Hawaii and California. He is coauthor of Tantra: The Art of Conscious Loving. His work was featured in the Hollywood movies Bliss and The Best Ever.

Leah Alchin began her Tantric education in 1997. She is an advanced certified Tantric Educator with the Source School of Tantra Yoga and has her own private practice. A survivor of childhood sexual abuse, she is a powerful advocate of Tantric sexual awakening and healing.

5Rhythms®: Heartbeat
Lucia Horan

Love is not a mood, but a dynamic way of being.
—Gabrielle Roth

The spontaneous heart is one that knows how to love and be loved. The Heartbeat map is a guide to how our emotional energy moves and morphs. In this practice we embody the art of being a fluid emotional athlete. This map teaches us how to navigate the emotional terrain of life without getting stuck, holding on, or pushing away.

We will explore how the body has been shaped by our emotions and we will learn to track when the heart is open and when it is closed. As waves of feeling move through us, we learn how to trust the dance to lead us in a healthy and creative way. Through the embodiment of this practice, you will learn skills to take home and use in your daily life. This workshop is designed for everyone, of every age, and shape. No experience is required.

CE credit for bodyworkers; see page 113.

Lucia Rose Horan was born into the family of the 5Rhythms® and raised at Esalen Institute. She became a 5Rhythms® teacher in 1997, is now internationally recognized, and a current faculty member of Gabrielle Roth’s Moving Center School, NY.

www.LuciaHoran.com

Drawing from Nature: Where Inner and Outer Worlds Meet
Jennifer Allen

What teaching does a budding flower hold? A rhythmic tide? An ancient redwood? The natural world offers an abundance of sensory metaphors that can teach us about ourselves. Through the practice of drawing and painting, we’ll take the time to slow down and deeply connect with nature. There is no need to already “know how”—just bring a willingness to trust the creative process.

Meditative observation can shift our vision and bring inner and outer worlds together. This fusion often weaves the scattered threads of our lives together and imparts valuable new meaning.

The beauty of the Esalen land and the Pacific Ocean will inspire us to draw and paint what we are moved by. After our outings, we’ll return to the art center to continue the exploration of our images using multimedia, journaling exercises, and group sharing. Our week will culminate with a sweat lodge (weather permitting).

All are welcome. Health professionals can learn experientially how to use this process with clients and as their own self-care. Please bring a journal.

($30 materials fee paid directly to the leader)

CE credit for MFTs and LCSWs; see page 113.

Jennifer Allen, MFT, ATR-BC, author of Bone Knowing, is also an artist, art therapist, and psychotherapist specializing in grief. She has been active in Medicine Wheel, Mystery School, and Elder’s Council groups since 2001.

www.jenniferallenbooks.com

Abandonment to Healing: Overcoming Your Self-Defeating Patterns
Susan Anderson

Abandonment is a primal human fear and the underlying cause of emotional distress and dysfunction. Susan Anderson, psychotherapist and author of Taming Your Outer Child and Journey from Abandonment to Healing, will share powerful tools of emotional and spiritual healing to help you reverse abandonment’s universal wound. You will be taught exercises for each of the five stages of abandonment: shattering, withdrawal, internalizing, rage, and lifting; how to conquer “abandoholism” and other outer child behaviors; how to make new connections; and steps for healing abandonment. Whether you’re experiencing a recent breakup, a lingering

Week of April 7–12

Tantra: The Art of Conscious Loving
Charles Muir & Leah Alchin with Mare Simone

This is a “reset point” for couples who want to dramatically improve the quality of sex and intimacy in their love lives and open up to more ecstatic pleasure and spiritual connection in their relationship.

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave individuals less successful and conscious in their sexuality than they are in other aspects of their lives. Tantra transforms sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges. It is time to study sex as an art form. Sexual loving is a vital skill, and sexual energy is a sacrament that can bring great harmony and joy into one’s relationship so that love continues to grow over the course of a lifetime.

Practices include ways to free female sexual orgasm and methods to increase pleasure for both partners. Esoteric practices of kiss, movement, and touch, and others are introduced in class and then practiced in the privacy of your own room. Discover Tantric wisdom with insight, gentleness, humor, and love.

The workshop is open to couples only and is not designed for same-sex couples. For more information, visit www.SourceTantra.com.


Charles Muir, a professional yoga instructor since 1976, is director of the Source School of Tantra Yoga in Hawaii and California. He is coauthor of Tantra: The Art of Conscious Loving. His work was featured in the Hollywood movies Bliss and The Best Ever.

Leah Alchin began her Tantric education in 1997. She is an advanced certified Tantric Educator with the Source School of Tantra Yoga and has her own private practice. A survivor of childhood sexual abuse, she is a powerful advocate of Tantric sexual awakening and healing.

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—Gabrielle Roth

The spontaneous heart is one that knows how to love and be loved. The Heartbeat map is a guide to how our emotional energy moves and morphs. In this practice we embody the art of being a fluid emotional athlete. This map teaches us how to navigate the emotional terrain of life without getting stuck, holding on, or pushing away.

We will explore how the body has been shaped by our emotions and we will learn to track when the heart is open and when it is closed. As waves of feeling move through us, we learn how to trust the dance to lead us in a healthy and creative way. Through the embodiment of this practice, you will learn skills to take home and use in your daily life. This workshop is designed for everyone, of every age, and shape. No experience is required.

CE credit for bodyworkers; see page 113.

Lucia Rose Horan was born into the family of the 5Rhythms® and raised at Esalen Institute. She became a 5Rhythms® teacher in 1997, is now internationally recognized, and a current faculty member of Gabrielle Roth’s Moving Center School, NY.

www.LuciaHoran.com

Drawing from Nature: Where Inner and Outer Worlds Meet
Jennifer Allen

What teaching does a budding flower hold? A rhythmic tide? An ancient redwood? The natural world offers an abundance of sensory metaphors that can teach us about ourselves. Through the practice of drawing and painting, we’ll take the time to slow down and deeply connect with nature. There is no need to already “know how”—just bring a willingness to trust the creative process.

Meditative observation can shift our vision and bring inner and outer worlds together. This fusion often weaves the scattered threads of our lives together and imparts valuable new meaning.

The beauty of the Esalen land and the Pacific Ocean will inspire us to draw and paint what we are moved by. After our outings, we’ll return to the art center to continue the exploration of our images using multimedia, journaling exercises, and group sharing. Our week will culminate with a sweat lodge (weather permitting).

All are welcome. Health professionals can learn experientially how to use this process with clients and as their own self-care. Please bring a journal.

($30 materials fee paid directly to the leader)

CE credit for MFTs and LCSWs; see page 113.

Jennifer Allen, MFT, ATR-BC, author of Bone Knowing, is also an artist, art therapist, and psychotherapist specializing in grief. She has been active in Medicine Wheel, Mystery School, and Elder’s Council groups since 2001.

www.jenniferallenbooks.com

Abandonment to Healing: Overcoming Your Self-Defeating Patterns
Susan Anderson

Abandonment is a primal human fear and the underlying cause of emotional distress and dysfunction. Susan Anderson, psychotherapist and author of Taming Your Outer Child and Journey from Abandonment to Healing, will share powerful tools of emotional and spiritual healing to help you reverse abandonment’s universal wound. You will be taught exercises for each of the five stages of abandonment: shattering, withdrawal, internalizing, rage, and lifting; how to conquer “abandoholism” and other outer child behaviors; how to make new connections; and steps for healing abandonment. Whether you’re experiencing a recent breakup, a lingering
wound from the past, or struggling to overcome self-defeating patterns, the tools will propel your growth, help restore your sense of self, and increase your capacity for love.

Recommended reading: Anderson, Taming Your Outer Child, Journey from Abandonment to Healing, and Black Swan: 12 Lessons of Abandonment Recovery.

CE credit for MFTs and LCSWs; see page 113.

Susan Anderson, is a psychotherapist who has spent 30 years of research, scholarship, and clinical experience working with victims of abandonment trauma and loss. Founder of "Abandonment Recovery," she is author of Taming Your Outer Child, Journey from Abandonment to Healing, Black Swan, and others. www.outerchild.net and www.abandonment.net

Community Building as a Path of Awakening.

Terces Engelhart & Matthew Engelhart

In the face of our current environmental and economic uncertainty, honing our community-building skills seems like a wise choice. This workshop will guide you through the challenges of creating a culture in which belonging is better than belonging.

The Engelharts are owners of Café Gratitude, a school of transformation disguised as a small organic vegan restaurant chain. In this workshop, using humor, passion, and authenticity they will:

• Show you how to see what prevents you from choosing and creating healthy communities
• Give you tools to make unconditional love the context of a fulfilling community
• Use the 9 Superpowers of Community Building—a system the Engelharts developed and have practiced in their business and on their organic farm since 2004

Never before has there been a time when the combined efforts of community could make such a powerful impact on the future of life on our planet. Help create a sacred container in which you can experience inspiration, practical tools, soul searching, and community-building sessions. Activities include group discussion and experiential exercises in small groups. In the process, you can discover that community can serve as a path. In this context, community is not the way out but the way in.

Terces Engelhart is co-owner of Café Gratitude. She has coauthored 3 books with Matthew Engelhart, and when they are not on the road speaking or teaching, she and Matthew live on “Be Love” Organ-ic Farm where they grow food for their 7 restaurants. www.cafegratitude.com

Matthew Engelhart is co-owner of Café Gratitude. He has coauthored 3 books with Terces Engelhart, and when they are not on the road speaking or teaching, he and Terces live on "Be Love" Organic Farm where they grow food for their restaurants. www.cafegratitude.com

Your Life Cannot Be Any Easier Than Your Movement: Intro to Cortical Field Reeducation*

Patrice Hamilton & Laura Kunysz

How we sit, stand, move, or respond to contact with others reflects patterns wired into our nervous systems in infancy. By early childhood, conflicting intentions distort these patterns. Feeling powerless, we attempt to survive and to win love by figuring out “the rules.” The resulting strategies may protect us as children, but, deeply ingrained in our muscular postures and movements, they imprison us as adults and limit our choices. They remain outside of awareness, causing discomfort and limitation.

By reeducating the brain-muscle-emotion connection, restrictions in movement can be released, freeing lifelong behaviors that have organized around that movement, and restoring freedom of choice. The protective postures alter, deeply affecting the body’s habitual defense system and allowing a higher level of energy.

This workshop begins the process of relearning the ease, fluidity, and openness taken for granted as a child and lost somewhere along the way. It is for the sedentary; for the active who want to increase physical skills and reduce risk of injury; for those dealing with aftereffects of injury or emotional trauma, and the professionals who work with them; for the chronically tired and stressed who want to take better care of their necks, shoulders, and backs; and for those who want to improve their posture, flexibility, and breathing while deepening their sense of connection and belonging.

Please wear loose comfortable clothing; no jeans or belts please.

CE credit for bodyworkers; see page 113.

CE credit for nurses; see page 115.

Patrice Hamilton bio on page 15.

Laura Kunysz teaches Cortical Field Reeducation* and has a private practice as a CranioSacral therapist on the Monterey Peninsula. An ergonomics consultant with 20 years of experience in the computer industry, Laura came to this work through healing her own repetitive stress injuries.

Weekend of April 12–14

Illuminate Your Life: A Workshop in Energy Medicine

Linda Fitch

Are you ready to live a life empowered with creativity, health, and joy? Shamanic healing traditions have long worked on the luminous energy field that surrounds our bodies and holds the imprints of emotional, physical, and psychological traumas that deter our well-being. You can bring healing and balance to your luminous energy field, and reclaim the world of joy, stillness, health, abundance, and love that is rightfully yours.

In this experiential workshop, Linda Fitch will guide you through the core practices of energy medicine and provide you with life-changing tools for healing yourself and others.

Experiences include the illumination process, which can clear negative imprints in the energy field that express themselves as disease and discomfort; soul retrieval, which can heal past traumatic events and help you recover your true, essential self; and personal rites of passage. This workshop is an invaluable opportunity to gain insight into ancient healing traditions from the shamans of the Americas that can guide you to walk the earth with beauty, peace, and clarity.

Linda Fitch is dean of the Light Body School of the Four Winds Society, founded by Alberto Villoldo. A passionate teacher, Linda works at the level of the soul to seek the larger mythic patterns that shape our lives. Linda’s classes and workshops are in high demand around the world. www.thefourwinds.com

Comedy Improv: Humor for Health and Self-Discovery

Jacqueline Kabat

In this uproariously fun workshop, we will soothe our spirits and re-energize ourselves with laughter. Guided by comedy-improv pro Jacqueline Kabat, we will explore the basic principles of comedy improvisation to tap into our deeper dimensions, and we’ll discover how to use these practices to develop our personal potential in everyday life. Working together as a group to eliminate any individual fear, we will participate and cheer for one another in a safe environment—and have fun doing it.

Comedy-improv exercises can generate a significant amount of self-discovery and insight. When we’re having fun, we’re relaxed. When we’re relaxed, we’re listening and communicat-
Yoga and Psyche: Psychological Integration through Yoga

Mariana Caplan

Have you noticed that no matter how many times we chant om, or how often we return to the breath, relationship difficulties, anxiety, depression, and self-esteem issues persist? By learning to use our yoga practice to work with psychological issues and trauma stored in the body, not only can we optimize our yoga practice, but also actively move into our full potential. During this workshop, new and experienced yoga students and teachers can learn how to skillfully address psychological challenges. Health professionals and those interested in psychology can discover how to use yoga in their personal lives and private practices.

Through a combination of depth somatic psychology, trauma research insights, light yoga asana (physical postures), meditative practices, and partner exercises, participants will be shown:

• Why psychological work is relevant to yoga practice
• Somatic psychotherapy methods that help us perceive and intelligently process trauma and emotion in the body
• How to conduct “emotional adjustments” during yoga practice
• How to cultivate self-love and self-acceptance for all parts of ourselves

No previous yoga or psychology experience is necessary to benefit from this workshop. Please bring a yoga mat.

Required reading: Caplan, Eyes Wide Open: Cultivating Discernment on the Spiritual Path.

Recommended reading: Cope, Yoga and the Quest for the True Self; Levine, Waking the Tiger.


Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

Creating Lasting Change in Your Life: The Power of Transformative Affirmations

Pam Kramer & Barry Robbins

What positive changes could you make that would transform your life and the world? In this experiential workshop, we will create powerful individual affirmations—statements of positive personal change in body, being, and performance—and integrate them through visioning exercises, meditative movement, and community. Using the mind-body approach of Integral Transformative Practice® (ITP), we’ll explore our infinite capacity for personal evolution and take home a daily practice for cultivating body, mind, heart, and soul.

Developed by George Leonard and Esalen co-founder Michael Murphy, ITP draws on the ancient wisdom of yoga, aikido, modern science, and psychology.

Practices include:

• Affirmations for manifesting vital changes
• ITP practice of Focused Surrender to realize your affirmations

Sacred Commerce: Business as a Path of Awakening

Matthew Engelhart & Terces Engelhart

Are you engaged in relationships with staff, co-workers, or business partners? Have you experienced frustration in these relationships? What if awakening consciousness was the context at your workplace? What if conflicts in your work community were acknowledged as opportunities to heal collective wounds? What if the mission of your business was to usher in a sustainable, spiritually fulfilling society? Sacred commerce is practicing presence in a commercial environment.

Matthew and Terces Engelhart are the owners of Cafe Gratitude, LLC, a school of transformation in the setting of an organic vegan restaurant chain in California. During this workshop, with their characteristic humor and passion, the Engelharts will train participants in the following areas:

• How to incorporate simple but profound tools to help transform your working environment
• How to re-create an organization so that it appreciates in value while its workforce collectively keeps its attention on the successful flow of source and supply
• How to heal the split between “making a living” and creating a self-realized, fulfilled, and vital life

Activities include lectures, partner work, coaching, and demonstrations.

Recommended reading: Engelhart and Engelhart, Sacred Commerce.

Matthew Engelhart bio on page 62
Terces Engelhart bio on page 62.
• ITP Kata, a forty-minute series of physical, mental, and spiritual exercises
• Tools for balancing, centering, and revitalizing your entire being
• Conscious rewiring of neural pathways to enjoy new ways of being

This workshop involves physical movement but it is not strenuous. All that’s needed is a generous heart and a willingness to participate.

Recommended reading: Leonard and Murphy, The Life We Are Given.

CE credit for MFTs and LCSWs; see page 113.

Pam Kramer is a career specialist, executive coach, and human potential expert. She is president of ITP International, stewarding the work of Esalen co-founder Michael Murphy and George Leonard, author and visionary. Pam is a frequent Esalen workshop leader.

Barry Robbins, a senior teacher of ITP and a student of George Leonard and Michael Murphy, is the cofounder of the longest-running ITP group in the country. Barry serves as vice-president of ITP International.

Relational Gestalt Process: The Transformative Power of Emotion

Dorothy Charles

In order to become whole, we must engage in the ongoing process of discovering our own personal truth. This truth may challenge us, may even be painful, before it gives us new freedom and expands our horizons. When we choose to remain content with intellectual wisdom only, we limit ourselves and limit our relationships. When we integrate the full breadth of our emotional wisdom, we open the path toward becoming whole.

Experiencing and expressing emotions are integral to being alive. Learning to fully experience feelings and express them in healthy ways enables us to have more pleasurable and fulfilling relationships. We cannot change the past. We can change what we have come to believe about it. All that’s needed is a generous heart and a willingness to participate.

Relational Gestalt process is a holistic, process-oriented, dialogical, phenomenological, existential, and field theoretical approach to human change with the centrality of contact, awareness, and personal responsiveness and responsibility. Primacy is given to the uniqueness of the individual. In this way of working, people are viewed as an integrated whole with the innate potential of growth and mature self-expression.

This experiential and didactic workshop will blend individual and group Relational Gestalt work with the intention of finding individual truths through our felt and expressed emotions, and exploring how these truths will help strengthen our relationships to self and others. We will experiment with tracking emotions as sensations and learn to recognize them as signals calling for awareness and attention, rather than problems to be avoided.

Dorothy Charles bio on page 13.

Week of April 14–19

Meditative Hypnosis—Effortless Mind-Brain Change: Erickson Hypnosis Seminars

Annellen Simpkins & C. Alexander Simpkins

We have all had the joy of accomplishing something almost effortlessly and automatically. These intuitive moments may seem unusual, and yet a large part of the brain is devoted to unconscious processing. In fact, your unconscious is a reservoir of potential. Recent neuroscience research shows that the brain has many intelligent, unconscious pathways. You can engage and use these unconscious pathways to help accomplish goals that might be elusive to your deliberate efforts. Meditative hypnosis provides ways to access that potential.

This workshop will give an intensive and powerful experience of meditative hypnosis to activate unconscious processing automatically and naturally. You will familiarize yourself with your own positive unconscious through exercises that develop an intuitive felt-sense. You will learn to use different forms of direct and indirect suggestion, experience ideomotor mind-body link, and learn focusing, open-monitoring, and self-transcending meditation methods that tap into unconscious processing.

You will experience ways to bypass conscious limits and overcome barriers as you learn how to work with your unconscious to overcome difficulties and discover wellbeing. Therapists will also gain techniques for attuning to their own unconscious and utilizing clients’ unconscious resources to facilitate lasting change. This workshop will inform, uplift, and transform.

Recommended reading: Simpkins and Simpkins, Neuro-Hypnosis and The Dao of Neuroscience, Zen Meditation in Psychotherapy: Techniques for Clinical Practice, Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice, and Meditation for Therapists and Their Clients.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for clinical hypnosis; see leader.

Anellen M. Simpkins bio on page 44.
C. Alexander Simpkins bio on page 44.

Comedy Improv: Humor for Health and Self-Discovery

Jacqueline Kabat

In this uproariously fun workshop, we will soothe our spirits and re-energize ourselves with laughter. Guided by comedy-improv pro Jacqueline Kabat, we will explore the basic principles of comedy improvisation to tap into our deeper dimensions, and we will discover how to use these practices to develop our personal potential in everyday life. Working together as a group to eliminate any individual fear, we will participate and cheer for one another in a safe environment—and have fun doing it.

Comedy-improv exercises can generate a significant amount of self-discovery and insight. When we’re having fun, we’re relaxed. When we’re relaxed, we’re listening and communicating, and that’s when we’re able to overcome insecurities and express our full capabilities. By being completely present and open to whatever happens, we can increase our confidence, improve our relationship skills, and deal creatively with ambiguous and constantly changing circumstances. As we continue to practice the tenets of comedy improv upon our return home, we may discover that we can tap into the best within ourselves in any given situation with the healing power of laughter.

Jacqueline Kabat bio on page 61.

The Heart of Awakening

Miranda Macpherson

“In the depths of our heart lies a reservoir of limitless peace, profound connection to the whole of life, and real love capable of bringing true fulfillment and freedom,” Miranda Macpherson writes. “Yet commonly we live on the surface of ourselves, busy trying to control life to manifest our desires and keep away our fears. We adapt to living in degrees of disconnection and dissatisfaction, yet what we truly want is close at hand, once we develop the courage to meet life with an undefended heart.

“Join us in sacred space as together we learn to embrace our everyday grappings and deepest yearnings as the gateway to tasting that grace that
lives in us. Through greater contact with our own depths, we discover the means to cut through personal and collective suffering, and meet the challenges of our times from greater wisdom.”

Miranda Macpherson teaches and transmits a unique synthesis of self-inquiry, spiritual psychology, and devotional and embodiment practices, in a tangible atmosphere of unconditional love and transparency. The format is experiential, including exercises in pairs, silent and guided meditations, chanting, question and answer sessions, and chair work (satsang). Hers is an intelligent and contemporary approach oriented at facilitating direct spiritual experience, and providing a practical foundation to unwind the patterns that shape our lives. Additionally, Miranda will share her methods for ongoing spiritual practice and embodied self-inquiry, which encourage more substantial access to grace.

Recommended reading: Holden, Boundless Love.

Miranda Macpherson is known for her capacity to guide people into direct experience of the sacred. Founder of the Interfaith Seminary in London, and a primary teacher at the Findhorn Foundation, Miranda cofounded the Feminine Wisdom School with Lama Palden and Sherry Anderson. www.mirandamacpherson.com

The Art of Essential Touch: Classical Esalen® Massage

Ellen Watson & Deborah Anne Medow

The healing art form of Esalen Massage has become the international benchmark for contactful, caring, sensuous, and heartful touch. Birthed more than forty years ago at the Esalen baths to the rhythms of the mighty Pacific, our practice remains timeless as it continues to evolve.

What exactly is classical Esalen Massage? Deborah and Ellen invite you to come and discover for yourself the elements that are essential to our approach to touching another person. Slow, slower, and slowest are the pace, and flowing stillness best describes how we dance and move around the table. Our art form, guided by the client’s breath and our own, includes timely pauses for integration. During these pauses, our intuition, imagination, and inspiration beckon us from hip to foot, foot to knee, hips to heart, until we pause again.

This moving meditation practice is poetry in motion, a playing of the body as one plays a musical instrument. Classical Esalen Massage can elicit the relaxation response of the parasympathetic nervous system. Once engaged, this branch of our nervous system takes us from fight/flight to a state of relative peace and well-being.

During our week together, we’ll practice at the Esalen baths. We’ll spend time gathering herbs in the Esalen garden for a special salt scrub and herbal bath.

Open to all levels of experience. Bring loose comfortable clothing, and a couple of sarongs, if you have them.

Recommended reading and viewing: Horan, Connecting Through Touch; Ackerman, A Natural History of the Senses; Bensen, The Relaxation Response, The Relaxation Revolution; Esalen Massage DVD; Watson, The Art of Essential Touch I and II DVDs.

CE credit for bodyworkers; see page 113.

Ellen Watson travels extensively, sharing the essence of her 26 years at Esalen. Ellen founded MovingVentures, whose mission is vocational education in the fields of breathwork, and somatic and movement arts. Since 1998, she has focused on supporting the people of Bali, Indonesia. www.movingventures.org.

Deborah Anne Medow bio on page 20.
**Weekend of April 19–21**

**Callings: Finding and Following an Authentic Life**

Gregg Levoy

Callings are urgings and imperatives from the deep self that tell us what it will take to make our lives “come true.” They point us toward awakenings, course corrections, and powerful authenticity.

This hands-on retreat takes a creative approach to striking up a deep dialogue with our own lives. Through writing, storytelling, myth, improvisation, meditation, reflection, and nature, participants explore the psychological, spiritual, and practical processes we encounter in finding and following our callings, whether calls to do something (become self-employed, go back to school, leave or start a relationship, move to the country) or calls to be something (more creative, less judgmental, more loving, less fearful). You will have the opportunity to learn how to:
- Clarify your callings
- Discern whether a call is true
- Work creatively with resistance and conflict
- Reconnect with your powers and gifts
- Gain a renewed sense of possibilities

Recommended reading: Levoy, *Callings: Finding and Following an Authentic Life*.

**Optimal Workplace Cultures—The Ideal Blend of Success, Satisfaction and Spirit**

Flip Brown & Susan Schor

What are the components of a caring yet effective workplace culture? How do the patterns of communication, interaction, and implementation work to balance the multiple needs in an organization? What are the best practices to support creativity, flexibility, and autonomy while still providing consistency, responsiveness, and results?

Join seasoned culture consultants who will share their experiences in hitting the right notes and recovering from the wrong ones. During this workshop coordinated by the Social Venture Network, we’ll engage in a highly interactive process that will draw from the collective wisdom of the participants, and we’ll leave with new tools, perspectives, and inspiration for channeling positive energy when we show up at work.

Flip Brown works with individuals and teams in socially responsible organizations, serving as a catalyst for increased success and satisfaction. He brings a background in international business, organic gardening, non-profit management, meditation, depth psychology, and rock ‘n’ roll to his work.

Susan Schor is one of the three-person facilitating leader team at Eileen Fisher that “holds the whole,” facilitates company priorities and decision making, and leads Eileen Fisher in living its values-based mission. Previously, Susan was a professor and consultant of leadership and organization.

**Earth Day Detox Retreat**

Micheline Berry with Red Musette

Join a tribe of yogis, musicians, writers, and artists for an Earth Day Detox Retreat to honor the elemental forces of the planet as we allow the wild nature of Big Sur to mirror what is still wild within each of us. Heighten your embodied creativity and cultivate a deeply nourished and empowered state of being that can remain with you long after you return home.

We’ll practice Micheline’s Liquid Asana™ Vinyasa yoga, pranayama, and meditation, and partake in ecstatic music and dance, poetry, and painting. We’ll have hours to soak in the healing hot springs that emerge from deep below the earth’s surface as a liquid embrace. A spring detox is a powerful time to release built-up toxins, recharge, and restore ourselves as we slough off some of our winter weight—physically, emotionally, and mentally. Join Micheline Berry and Red Musette Ensemble, including DJ Drez, Domonic Dean Breaux, Joey Lugassy, and Gary Kehoe.

Open to all levels of yoga, meditation, art, and dance experience. Please bring a yoga mat.

Micheline Berry’s work catalyzes healing and transformation through a cohesive fusion of vinyasa flow yoga, world beat music, somatic arts, and meditation. Based at Exhale in Venice, Calif., Micheline leads Liquid Asana™ teacher trainings, yoga workshops, and retreats internationally.

www.michelineberry.com

**A New Way of Being: Women’s Self-Renewal Retreat**

Renee Trudeau

Do you long to reconnect with who you are? Are you in the midst of a transition? Do you crave time for quiet reflection, rest, and renewal? Renée Peterson Trudeau has designed a juicy and restorative retreat for women at all stages of life, offered in a nurturing, empowering, and supportive environment. Tap into the transformative power of self-care to nourish your body and soul. Integrate self-renewal strategies into your daily life as you learn to:
- Slow down and access your Wise Self
- Explore your heart’s desire and your life purpose
- Experience self-care as spiritual practice
- Tap into the gifts of self-compassion and self-acceptance
- Relax and connect with your needs, desires, and your body’s natural rhythms
- Meditate to enhance peace and harmony

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
• Discover how to balance yin/yang energy and access your feminine power
• Enjoy connection with like-minded women
• Embrace a new way of being and experience more freedom and joy

Please note: Bring a journal and wear comfortable clothing for movement.

($15 materials fee paid directly to the leader)


Couples in Conversation: Connecting through Conflict

Daniel Wile & Dorothy Kaufmann

The quality of life in a relationship depends on our ability to recover from the inevitable periods of fighting or withdrawing; that is, from turning each other into adversaries or strangers. At a minimum, we want to keep such fighting and withdrawing from destroying the relationship. But it is possible to turn these hazards into means for deepening the relationship by conducting a recovery conversation. In such a conversation, we go over the fight or withdrawal we were just in, but with an appreciation for each partner’s struggle and a recognition that each partner’s position made sense. Typically partners don’t have recovery conversations. They don’t talk afterwards about their fights; they’re afraid of rekindling them.

In this workshop, we show what a recovery conversation looks like and what it takes to have one. In an optimally functioning relationship, the process deepens. You may continue talking about each partner’s position and how they conduct business. Representatives from Esalen and other retreat centers will facilitate this workshop. See www.esalen.org for updates on which centers will be joining the discussion.

April 21–28

Mahamudra Meditation in the “Pointing-Out” Style

George Protos & Susan Mickel

This workshop presents an integrative approach to the practice of Mahamudra meditation, as developed by Daniel Brown. It is designed for everyone—those new to meditation and experienced meditators. The course begins with an emphasis on intensive concentration meditation according to the Indo-Tibetan Nine States of Mental Calming/Staying, followed by an introduction to classic Tibetan emptiness meditation. A balance of mental stabilization and emptiness practices serves as a foundation for the “extraordinary” or essence meditation practices. Essence meditations like the Mahamudra and the Great Perfection assume that wisdom is an inherent property of the natural mind that has become obscured through conceptualization and negative emotional states. Essence meditations are designed to access the natural state of “awakened wisdom” through continuous, uninterrupted mindfulness, taking the non-dual condition of the natural mind and its spontaneous manifestations in the present moment as both the point of observation and the object of the meditation.

The “pointing out” style of instruction developed by Daniel Brown is a relationally-based approach, emphasizing repeated short meditation sessions, with detailed instructions given before and after each session. Leaders point out the desired state, the way to attain it, and how to correct the problems that typically occur. Instructions are individualized for each student.

Susan Mickel and George Protos, both long-time students of Daniel Brown, were trained as teachers and authorized by him to teach this approach.

Enrollment is limited to twenty-five participants, and participants must attend all sessions. Please bring a meditation cushion, if you would like to use one.

CE credit for MFTs and LCSWs; see page 113.

George Protos has studied the “pointing-out” style of meditation with Daniel Brown since 1995. He leads weeklong retreats and an ongoing meditation study group in Marin County, Calif., and created an online user support group for meditators.

Susan Mickel has been meditating since 1990, first in the Christian tradition, then in the Burmese mindfulness tradition, and now in the “pointing-out” style of Tibetan Mahamudra. Her teachers include Daniel Brown and Rahob Tulku, Thupten Kalsang Rinpoche. She has taught meditation retreats since 1998.

Week of April 21–26

Painting From The Source

Aviva Gold

“If you’ve considered painting but never thought you could, or if you’re trained in the arts and would like to explore your source of creativity, this retreat is for you,” writes Aviva Gold. “As children, we naturally paint in a powerful, intuitive way, purely for the joy of expression. This freedom can be regained.”

“You face the empty paper and the rich, vibrant colors; you choose a color, you move your brush on the paper. The process deepens. You may hesitate, and emotions may surface. In a warm, supportive atmosphere, you begin to paint not from the intellect but from the ever-present, bottomless creative well of personal and universal images. Soon the movement of the colors, the brush, and the water is hypnotic—you get lost in
it. Yet you are awake, allowing whatever needs to happen to happen. Meaningful and satisfying images emerge. You don’t have to be trained to experience this, it’s your birthright—the possibility of reconnecting is always there. To feel the sensuousness of painting, to let yourself play, to go through whatever blocks you need to go through—this ritual of creating soul-touching art is a natural way to stay balanced, healthy, and vital, a spiritual practice that will connect you to your inner wisdom source.”

Please note: This workshop has an extended schedule and requires a commitment to group process and inner growth. No alcohol or non-prescription drugs are permitted during the workshop.

Recommended reading: Gold, Painting From the Source: Awakening the Artist’s Soul in Everyone and Source Art in the World (available at www.paintingfromthesource.com).

($25 materials fee paid directly to the leader)

Aviva Gold has taught art and trained teachers for more than 30 years. Her background includes psychoanalytic, Jungian, and Gestalt psychotherapy. She is author of Painting From The Source: Awakening The Artists Soul In Everyone and Source Art in the World: How Your Authentic Creativity Heals the Planet. www.PaintingFromTheSource.com and www.youtube.com/AvivaGold

Dance of Oneness®: Dancing the Divine Feminine

Banafsheh Sayyad with Tony Khalife

What do you use your body for? Are you a host to Love or hostage to ego? Through movement and stillness we explore our being as a channel for the Divine. Rumi likens the human body to a flute that has two mouths, with one mouth hidden in the lips of the Divine. How would you like to clear yourself of your personal drama and let divine music play through you for your benefit and the benefit of all?

Through a rigorous yet uninhibited dance of grounding, centering, and opening our hearts and minds to Spirit, we invoke, embody, and manifest the divine feminine energy that heals our world.

Join Banafsheh and Tony for guided and free dance, live music, chanting, yoga, meditation, and wisdom teachings from Rumi and Rabia. Banafsheh designed Dance of Oneness to support living at our fullest potential through loving our bodies, selves, and living as a messenger of Love. Dance of Oneness is a synthesis of Sufi teachings and trance dance, tai chi, Persian dance, flamenco, and Middle Eastern tribal dances. This workshop is open to everyone.

Recommended reading: Barks, Illuminated Rumi; Harvey, Perfume of the Desert and Light Upon Light.

Banafsheh Sayyad is a pioneer in her unique synthesis of dance and spirituality. A licensed acupuncturist with an MFA in Dance from UCLA, she teaches and performs worldwide a mesmerizing offering of the timeless sacred feminine inside a contemporary gypsy dervish. www.namah.net

Land of Milk and Honey: An Introduction to Farmstead Arts

Charlie Cascio & Liam McDermott

Would you like to reconnect with farmstead traditions and develop your ability to produce and prepare your own food? Cheese and bread making, beekeeping, food preservation, and small-scale animal husbandry all are appealing and relevant to those who thrive on food independence, artisan techniques, and self-sufficiency.

In today’s society, many people have lost the knowledge that humans used for thousands of years both to connect with nature and feed themselves. This hands-on workshop is an introduction to and celebration of the farmstead arts that actually are alive and well all around us. Join Charlie Cascio and Liam McDermott as they share their knowledge of the art of home cheese making, including recipes for hard and soft cheeses, and cheese molding and pressing. Bake sour dough and yeasted breads, and explore basic beekeeping and honey extraction at the Esalen bee hives. Food preservation methods include dehydration, fermentation, and root cellar cold storage.

There also is a field trip to Sweetwater Farm, a small goat dairy in the Big Sur Mountains, where participants will observe an active dairy and cheese-making operation.

Experience the alchemical processes by which milk is transformed into an extraordinary diversity of cheeses; flower nectar yields different varietals of honey; and flour, water, and yeast join to become bread.

Please note: Bring a heavy, long-sleeved shirt and denim-type pants for bee work.

($50 supplemental food fee paid directly to the leaders)

Charlie Cascio managed the Esalen kitchen for six years. He is a chef, restaurateur, consultant, and lecturer on vegetarian and living foods who has worked and taught in the US and throughout Europe for more than 30 years. Charlie wrote the Esalen Cookbook.

Liam McDermott is a permaculture activist, massage therapist, and professionally trained chef with a degree in literature from Stanford University. He leads workshops and caters at several hot springs in central California: Esalen Institute, Tassajara Zen Monastery, and Wilbur Hot Springs.

Develop Your Romantic Intelligence

Frances Verrinder & Michael Griffith

Many people suffer from emotional disruptions in early family life that make it difficult to feel safe in intimate relationships and challenging to develop rewarding, long-term romantic partnerships as adults. Drawing on attachment theory, Gestalt practice, somatic awareness, and expressive arts, this supportive workshop is designed to help you:

• Identify your attachment issues
• Develop awareness of trauma-based responses, ambivalence, and avoidance
• Recognize physical constriction and body language that send non-verbal stay-away messages
• Demystify the process of approaching and feeling comfortable with others
• Develop assertiveness and flexible boundaries
• Reach past doubt and anxiety to expand your inner and outer resources to risk connecting with others
• Navigate on-line dating and improve dating skills
• Expand self-reflection and empathy for yourself and others.

This workshop includes experiential small group work, in-depth personal work, mini-lectures, and guided group discussion in the process of developing “romantic intelligence” so that you may begin to move into the world of successful relationships. This workshop is for single adults only and is not suitable for couples.

Recommended reading: Goleman, Social Intelligence; Coyle, The Talent Code.

Frances Verrinder is a marriage and family therapist in San Francisco, Calif., with thirty-five years of psychotherapy experience with couples, families, groups, and individual adults. She is passionate about cultivating loving relationships of all kinds.

Michael Griffith is a marriage and family therapist in San Francisco, Calif., who specializes in working with teenagers, men, couples, and families. He is also
a dentist who specializes in treating traumatized patients, as well as a figurative painter.

**Self-Acceptance: The Heart of Healing**  
Joe Cavanaugh

_The heart has reasons which reason knows nothing of._ —Blaise Pascal

We commonly hear the axiom, Love is letting go of fear. There is, however, another possibility: Love means loving ourselves even when we are afraid. This applies to all so-called negative emotions: fear, anger, doubt, jealousy, and so on. We simply cannot be who we are not. Accepting who we are allows healing to begin. Judging ourselves, we lose sight of the deeper message our feelings bring to us, reinforcing the very negativity we are attempting to dissolve.

“Through personal and interpersonal processes,” Joe Cavanaugh writes, “we will see how our judgments, beliefs, and attitudes can undermine our self-esteem and personal effectiveness. We will create a space to heal our wounds from the past while enhancing our capacity for greater love and compassion. In a context of mutual support and safety, we will learn to accept ourselves for who we are in the present moment. We will then discover how these so-called negative emotions were in fact angels in disguise, guiding us toward our Authentic Self.”

This workshop is designed for all those wishing to enrich the quality of their lives and increase their capacity for empathy and compassion for themselves and others.

Prerequisite: Be willing to attend all sessions and abstain from alcohol and non-prescription drugs for the duration of the workshop.


CE credit for MFTs and LCSWs; see page 113.

**Big Sur Wilderness Experience: Springtime**  
Steven Harper & Michael Newman

Esalen is the trailhead to one of the most spectacular mountainous coastlines in the world. With the Big Sur wilderness as the primary teacher, participants will explore the beauty of this alive and wild coast, from ancient redwood-forested canyons to dramatic coastal beaches, from rugged rocky mountains to the soft grassy slopes of the Big Sur hills. Drawing from nature and various experiential awareness practices, individuals will be encouraged to open both to the natural world and to the landscapes of their inner world. It is said that Big Sur is not just a place but a state of mind. This wilderness experience seeks to merge mind and place, then to embody what is learned.

Participants in this weeklong workshop will venture out into the emerging springtime magnificence of Big Sur on day-hikes, 4-10 miles in length. The leader will draw from a wide range of contemporary and age-old wisdom traditions, borrowing from psychology, meditation, aikido, and the natural sciences to weave together a holistic experience of self and the natural world.

Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner at Esalen. Evening sessions include informal sharing, basic awareness practices, and useful outdoor skills, with attention given to incorpo-
rating what is learned during the week into our daily lives. All levels of experience are welcome. Be prepared for the invigorating challenge of physical activity and the opportunity to simply sit still in quiet reflection. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven's workshops, visit www.stevenkharper.com/faqs.html.

($20 park-entrance fees paid directly to the leader)

**Weekend of April 26–28**

**What's Next? Reviewing and Revising Our Lives**

Sam Keen

Periodically, we need to review and revision our lives. Every decade of the life-cycle brings new challenges, goals, pleasures, and horizons. Every crisis—divorce, illness, tragedy, success, failure, retirement—requires us to make a new beginning, take stock of our past, and look for a new vision to guide us toward a more hopeful future. In this workshop, join Sam Keen to explore:

- Where are you in your life-cycle? What have you accomplished?
- What hasn’t happened yet? What haven’t you done, been, or experienced?
- What have you given? Whom have you loved?
- What’s old, stale, worn-out, boring? What destructive patterns do you repeat?
- What infantile guilt and shame lingers? Whom have you not forgiven?
- What’s new, interesting, exciting, appealing? What decisions do you need to make? What future do you see for yourself?
- What are your emerging passions? What promises and potentials are still unfulfilled?
- What are your dreams, values, visions? Where do you look to find what’s next for you?

Sam Keen is the author of numerous books, including The Passionate Life, Faces of the Enemy, Hymns to an Unknown God, and Learning to Fly.

**Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness**

Risa Kaparo

“When we receive the gift of embodiment, we reclaim our natural state,” Risa Kaparo writes. “As Somatic Intelligence awakens, the inherent wisdom of Embodied Mindfulness, which is self-sensing, self-organizing and self-renewing, becomes obvious.”

Somatic Learning® is a practice for transformative learning and healing through awakening somatic intelligence. We’ve been born into the most finely-tuned feedback system imaginable—the human body-mind. This is the perfect learning environment to break our misidentification with “image-bound experience,” a fragmented, object-based view of reality, based on how we look “at-a-distance” from the outside in, as an observer. Somatic Intelligence is how we know ourselves from the inside out, at “no-distance.” In the words of Buddha, this is “knowing the body from the body,” one of the four Buddhist foundations of mindfulness.

Participants will be shown many ways of engaging somatic intelligence to sense, evaluate, and respond coherently, and awaken to the infinite consciousness that we are. By introducing current research in biology and neuroplasticity, we will explore how mindfulness transforms the brain and body toward ever greater freedom and aliveness.

CE credit for MFTs and LCSWs; see page 113.

Marilyn Schlitz, PhD, is the past president of the Institute of Noetic Sciences and its Ambassador for Creative Projects and Global Affairs, and senior scientist. She is the author of hundreds of professional and popular articles and four books, and she has lectured widely, conducted workshops, and taught around the world.

Katia Petersen, PhD, is the senior educational advisor to The Worldview Literacy Project at the Institute of Noetic Sciences. She is an author and recognized training expert in school improvement strategies, and integration of social-emotional and academic learning.

**Winemaker Dinner Weekend Retreat**

Phillip Burrus

Join us for a very special opportunity to participate in the Esalen learning culture in a relaxing, relatively unstructured way. During this retreat you can deeply nourish body, mind, heart, and soul by enjoying beautifully prepared and healthy meals, daily yoga and movement classes, the hot springs, a massage, and time in the meditation center.

The weekend will kick off with a wine recep-
Pathways to Intimacy
Anne Watts

What if you could create more love and deeper and more connected relationships in your life? Pathways to Intimacy offers a lively combination of carefully crafted exercises designed to provide powerful tools for clear communication, and move you to a deeper understanding of intimacy. In a caring, supportive, and confidential environment, you will have full choice as you learn how to be more open, close, and safe with others, including family, friends, significant others, and co-workers. You will have the opportunity to go beyond your barriers to love. During this weekend you can:
- Discover the power in opening up to others and sharing yourself
- Be more in touch with your feelings
- Learn new perspectives on asking for what you want
- Learn powerful tools of communication
- Let go of judgments and fears
- Examine and shed limiting notions of love and intimacy
- Practice saying no and yes, and clearly setting your own boundaries
- Increase clarity, honesty, and trust in relationships
- Increase self-esteem

Regardless of your age (participants eighteen and above are welcome), experience, or sexual orientation—whether you are single or in a committed relationship—come and directly experience your real beauty, your real power, your love for yourself, and the love others have for you. Pathways to Intimacy is a powerful workshop created by The Human Awareness Institute (www.hat.org). See what’s possible in just a weekend!

Anne Watts was deeply influenced by her father, the pioneering philosopher Alan Watts. She leads workshops on four continents, teaching adults to have more loving, fulfilling relationships. Anne has been leading Love, Intimacy and Sexuality workshops since 1985. www.annewatts.com

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
We begin each day with meditation and pranayama (conscious breathing), continuing after breakfast with our morning yoga practice. Each afternoon we return to our meeting room for an art project. The creative life-energy we cultivate and circulate in our yoga practice seeks expression. May we enjoy the revelation of awareness as our artistic side expresses itself through demonstrations and guided art projects. Our various art tools will be graphite, pastels, black ink, and acrylic paint.

No previous art or yoga experience is necessary. You may bring any personal art supplies. Please bring a yoga mat. All other yoga props are provided.

($30 art supply fee paid directly to the leaders)

Julia Ingersoll is a painter whose work features the exquisite landscapes of Tuscany and the Big Sur coast, two places that inspire her with their mythical beauty. Julia shows her work internationally, teaches painting and figure drawing, and leads creative retreats.

The Healing Art of Deep Bodywork® Mastery Class: Working with Difficult Cases

Perry Holloman & Johanna Holloman

Deep Bodywork was developed by Perry and Johanna Holloman over the past two decades at the Esalen Institute. They train practitioners in the art of moving with great sensitivity deep into the body’s soft tissues to revitalize chronically painful areas. This class is designed for professionals whose clients are dealing with chronic pain.

Every morning, Perry and Johanna will work with people suffering from chronic pain, to help teach students Deep Bodywork techniques.

Students will experience:

• How to assess a client’s pain and apply Deep Bodywork in the short and long term
• How to deal with the fear of pain that arises as they apply Deep Bodywork and how that can obscure a case
• How to guide clients through a healing crisis, which can last up to seventy-two hours after treatment, and can involve emotional as well as physical factors

Two types of participants are invited to this workshop: seasoned bodywork practitioners who wish to take their Deep Bodywork skills to the mastery level, and those who would like to participate as models. Models will be worked on each day by Perry and Johanna, and must have a chronic condition which is suitable for treatment with Deep Bodywork. Models should have experience receiving Deep Bodywork in some form. Space for models is limited; please e-mail Perry directly with information about your case at bodyofwiz@hotmail.com.

CE credit for nurses; see page 113.

CE credit for bodyworkers; see page 113.

Perry Holloman bio on page 24.

Johanna Holloman bio on page 24.

Emotional Healing through Cultivating Aliveness: The Wisdom of the Body

Terry Hunt

Emotional Healing is not about getting rid of pain or “fixing” ourselves. It involves developing the capacity to feel, hold, and sometimes express core emotions. Utilizing movement, catharsis, meditation, and new theories, we can discover how to “live an awakened life” within our families and communities. Often the people we are most involved with are threatened by the vitality we seek. Each participant will discover effective and loving responses to stressful situations.

If you are dealing with low self-esteem, persistent anxiety, difficulty in maintaining satisfaction in personal or professional relationships, depression, substance abuse, or the long-term effects of trauma or family dysfunction, this workshop gives you space to heal. Healing occurs when the wound is identified, given careful attention, and allowed to transform from a trauma into a learning experience through the resilience of the body.
The group will explore practices and skill building on the following topics:

- **Grounding**: Physical exercises that awaken us to the present reality
- **Vitality**: Tools to increase the feeling of aliveness and the capacity for deep emotion
- **From People Pleasing to Connectedness**: We can find healthy intimacy with our autonomy and healthy personal boundaries, instead of looking to others for validation
- **Stuckness**: Develop body memories of healthy movement toward mutual satisfaction with others instead of intractable conflicts

Recommended reading: Hunt and Paine-Georgia, Emotional Healing and Secrets to Tell, Secrets to Keep, Lowen, Fear of Life.

CE credit for MFTs and LCSWs; see page 113.
CE credit for psychologists; see page 113.

**Terry Hunt** is a licensed psychologist, bioenergetic therapist, and long-time Esalen instructor. Specializing in body-centered psychotherapy, he works with individual, couples, and people struggling with trauma and addictive behaviors. He also consults nationally with families in intergenerational transitions.

**Spirit Songs: Freeing Your Voice through the Power of Gospel**

Vernon Bush

Do you want to feel musical and spiritual freedom in every cell of your body? Connecting to your spirit through song, gospel rhythms, and spontaneity is what this lively, heart-opening workshop is all about. You can experience in-the-moment expression, and strengthen and explore the way you communicate in the world from the powerful sound you carry within. We will explore gospel and inspirational music, powerful breathing techniques, song arrangement, improvisation, harmony, and learn from the stories we sometimes carry that keep us from our own full self-expression. Get ready to dive into rhythm, singing, and dancing from a joyful, spiritual place as you discover how to truly hear and free the voice that is uniquely and exclusively yours. A willingness to sing is all that is required. All levels are welcomed.

Vernon Bush is a singer/songwriter, recording artist, musical director, and educator who has taught the power of reclaiming your voice through singing for more than 20 years to many individuals around the world. He also is a featured vocalist at Glide Memorial Church in San Francisco, Calif.

www.vernonbush.com

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**A Time to Reflect**

**A Self-Directed Esalen Immersion**

See full program description on page 15.

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**Somatic Learning®: The Art and Practice of Embodied Mindfulness**

Risa Kaparo

Explore the practice of embodied mindfulness in this workshop for people who seek ever-greater freedom and aliveness—those who will not settle for less than living the most creative, empowered, and compassionate lives possible.

The Somatic Learning practice developed by Risa Kaparo awakens somatic intelligence, and can transform pain, stress, trauma, and aging while enhancing joy and healthy, vital longevity. Only what grows out of your direct experience has the power to transform you. Since the “body” and the “world” live in your experience—not the reverse, as is generally conceived—how you receive that experience determines everything, from sensation, feeling, thinking, memory, and anticipation.

This workshop guides you into awakening Somatic Intelligence, allowing the inherent wisdom of the bodymind to reveal itself. Your programmed reactions are deactivated and habitual tensions released, creating a more enlivened and integrated life.

The practice can be made subtle enough that you can do them invisibly in public or seamlessly on the job, in your car or wherever you happen to be, and health professionals can easily teach it to their clients and patients.

Risa Kaparo invites you into an experience of slowing down, an immersion in embodied mindfulness that includes somatic meditations, movement, and small-group sessions for integrating somatic intelligence into all aspects of daily life.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.

**Michael S. Broder, PhD**, is a psychologist whose human potential contributions span 40 years. He specializes in high achievers, relationship issues, and manifesting major change in the shortest time possible. His latest book is Stage Climbing: The Shortest Path to Your Highest Potential. www.DrMichaelBroder.com

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**Money Sex Fame War Karma: Personal and Social Transformation**

David Loy

What’s our main problem? According to nondualist traditions such as Buddhism, we are unable to live happily as long as we suffer from the delusion that “I” am separate from the rest of the world. In contemporary terms, the self is a psychological construct that is never secure enough, because it is haunted by a sense of lack. Since we usually do not understand the source of our discomfort, we often try to resolve it in ways that make things worse. Money and fame become symbolic realities with which we try to fill up our lack. Such obsessions are more than satisfied, more creative, more loving, and more at peace? So that you’re no longer living in a comfortable state of discomfort? How can you literally grow into the best possible you? This workshop, led by psychologist Michael Broder, offers the opportunity to explore these questions along with the most daunting ones you ask yourself.

Reaching our highest potential in any area of life is a process that would happen organically, by our stages of development, except for the accumulated roadblocks we put in our own way and hold onto throughout life. Stage Climbing is a fresh, simple, yet extremely powerful process you can apply to any part of your life that you choose to work on. Once you learn that process, it will become second nature for you whenever you need it. We will use a variety of visualizations and meditation practices as well as fresh, individual strategies and group exercises to help you quickly take charge of your growth process.

This workshop is for anyone who recognizes that they could be operating at a higher and more satisfying level in one or more areas of their lives, such as relationships, career, parenting, spirituality, motivationally, or emotionally.

CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

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**The Seven Stages of Transformation: Stage Climbing to Your Highest Potential**

Michael Broder

What would it take for you to reach your highest potential so that you can feel happier, more satisfied, more creative, more loving, and more at peace? So that you’re no longer living in a comfortable state of discomfort? How can you literally grow into the best possible you? This workshop, led by psychologist Michael Broder, offers the opportunity to explore these questions along with the most daunting ones you ask yourself.

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**Weekend of May 3–5**

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an individual problem: they reveal where our society is stuck. The “three poisons” (greed, aggression, delusion) have been institutionalized, and a collective sense of alienation from the earth is at the root of the eco-crisis. How can the “black hole” at our core be transformed into a source of joy and creativity? Through presentations, discussions, and guided meditations, we will explore personal transformation according to the nondualist traditions, and its relationship with social transformation.

Recommended reading: Loy, Money Sex War Karma.

David R. Loy is a professor, writer, and Zen teacher in the Sanbo Kyodan tradition of Japanese Zen Buddhism. David teaches meditation and offers workshops internationally on personal and social Buddhism. David is also the author of several books on Buddhism.

Embodying Spirit

Desiree Rumbaugh

We are all spirits in human bodies, and our purpose in life is to find the joy that is our birthright. If this idea brings a smile to your face, then you will fit right in with Desiree Rumbaugh and friends. Lovingly challenge yourself in this seriously playful weekend of intermediate yoga, pranayama, and meditation.

With her ability to help her students experience some of the most difficult postures, Desiree’s teaching can deepen even the most advanced yoga practices. She does it with a sense of humor and a quest for authenticity.

Prerequisites: Participants must be able to kick up to handstand at the wall and push up to urdhva dhanurasana with straight arms, unassisted. Please bring a yoga mat.

Desiree Rumbaugh has more than 25 years of yoga practice and she continues to live her passion for yoga every day. She offers workshops, retreats, and teacher trainings internationally. She created the DVD series, Yoga to the Rescue. www.desireerumbaugh.com

Learning to Live With Our Changing Bodies: A Conversation Among Men

Matt Englar-Carlson & Mark Stevens

As we men age, our physical achievements, limitations, and future potential can become core themes of our daily lives and personal narrative. Over time, injury and illness, and fitness and wellness, influence how a man experiences his masculinity and self-worth. Many men report having experienced only internal conversations about their relationship with their bodies. Making those internal conversations more public can be enlightening and enriching. What type of relationship did we have with our bodies as we were growing up? Were we tall enough, athletic enough, muscular enough, and handsome enough? How did we feel about other people’s perceptions of our bodies? How did those self-perceptions and external perceptions impact our ways of being in the world?

We invite you to come to Esalen and join with a group of men to (re)discover or explore your body image. Feel free to bring any photos or other artifacts that speak to the story of you and your body. Whether you come by yourself or with a friend, this workshop balances thoughtful reflection and risk-taking with humor, fun, and an enthusiasm for deepening the relationships of all the participants in the group.

CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Matt Englar-Carlson is a professor of counseling and co-director of the Center for Boys and Men at California State University, Fullerton. A fellow of the American Psychological Association, he specializes in educating helping professionals about the mental-health needs of men. He is coeditor of In the Room with Men and Counseling Troubled Boys: A Guidebook for Professionals.

Mark Stevens is a licensed psychologist and director of university counseling services at California State University, Northridge. Former president of the APA’s Society for the Psychological Study of Men and Masculinity, Mark coauthored In the Room with Men: A Casebook of Therapeutic Change.

Wired for Love: An Insider’s Guide to Your Relationship

Stanley Tatkin with Tracey Tatkin

“There is perhaps nothing more difficult than another person,” says Stan Tatkin, clinician, researcher, teacher, and developer of A Psychobiological Approach to Couples Therapy®. “People are complex to be sure, and they never come with manuals that automate the process of getting along with them. And even if we did have general manuals, we aren’t robots. What works for one person won’t necessarily work for another. But neither does it work to fly blind, as many couples do, and expect relationships to simply fall into place. Hence the need for an insider’s guide to your partner and relation-

Writing from the Heart: Finding Your Own Voice through Memoir

Nancy Aronie

This writing workshop is about reclaiming your voice. It’s about using your own language, your own rhythms, and writing your own story. It’s about honoring your own instincts, not trying to sound like a “Writer” or trying to get an A from the teacher. It’s for anyone who wants to write, has written, or wants a jump start on the road to tapping into his or her power source of creativity. Get a jump start on your memoir, your poetry collection, or your songbook. Nancy Slonim Aronie is a midwife for words that want to come out.

Aronie provides a safe space where you can celebrate who you are without judgment, with-
movement and deep relaxation practices will support your journey.

Pam Kramer bio on page 63.

Steve Edelman, JD, is a veteran of many career changes: law, television broadcasting, entrepreneur, and creator of a multi-million-dollar television production company. He co-developed the Unfinished Business workshop by blending state-of-the-art video storytelling and computer assessment technology with dynamic workshop processes.

Week of May 5–10

The Monroe Institute’s Gateway Voyage

Karen Malik

The Gateway Voyage teaches the core practices and principles of mental, emotional, and spiritual growth as taught at The Monroe Institute, a non-profit training and research center located in the Blue Ridge Mountains of Virginia.

During Gateway Voyage, participants are introduced to the Hemi-Sync® technology for integrating brain functions. Hemi-Sync uses various sound patterns that entrain brain-wave activity and facilitate hemispheric synchronization. The workshop consists of comfortably listening to exercises that guide participants into profoundly relaxed states, and then progressively into expanded states of awareness. The techniques can produce a centered, calm, and intuitive experience, new insights, guidance, and access to one’s inner wisdom.

Monroe Institute founder Bob Monroe was able to identify combinations of sound patterns that can lead one into altered states of consciousness, thus setting the stage for personal exploration on all levels of being. He created a model of consciousness that is offered during this workshop as a map participants can use for their personal exploration.

There are morning, late-afternoon, and evening sessions during which participants listen to approximately five exercises per day, with discussions before and after each one. There is a long break after lunch for integration and relaxation.

Enrollment is limited to sixteen participants. Please bring a sleeping bag and/or blankets, and a pillow to help you be comfortable and warm while listening to the exercises.

For more information, visit www.monroenstitute.org.

CE credit for MFTs and LCSWs; see page 113.

Karen Malik is director of development at the Monroe Institute. She holds a master’s degree in clinical psychology and is licensed in the state of California as a marriage and family therapist. She is also extensively trained in the complementary healing arts. Her work in the consciousness field extends nationally and internationally.

Awakening the Creative: The Painting Experience

Stewart Cubley

The power inherent in painting is that it can awaken a wild vein of passion that will not go back to sleep. Using only the simple tools of brush, paper, and paint, Awakening the Creative invites you on a highly personal journey of daring and discovery, made possible through a safe environment and the support of Stewart Cubley and his experienced staff. The potential is to tap into an extraordinary resource: the vibrant, driving force of your own creative spirit.

In this workshop, everyone is a beginner. You are welcome even if you’ve never picked up a paintbrush. The goal is free expression, with the emphasis on the creative process rather than on technique or expertise. Awakening the Creative is an opportunity to embark on the greatest of all human adventures—embracing your own path and confidently following it.

Stewart is the co-author of the acclaimed book Life, Paint & Passion: Reclaiming the Magic of Spontaneous Expression. He has traveled throughout the world for more than thirty years working with individuals and groups to access the potential within the human heart and imagination.

This workshop may be of interest to people from a wide variety of disciplines, including art, education, counseling, social change, and meditative practices. All materials are supplied.

($50 materials fee paid directly to the leader)

CE credit for MFTs and LCSWs; see page 113.

Stewart Cubley’s work has carried him throughout the world in facilitating groups to access the potential within the human heart and imagination. Originally a scientist, he has led seminars in creativity for more than 30 years. www.processarts.com

Tibetan Bon Yoga: Meditation in Movement

Alejandro Chaoul

This workshop explores the distinctive Tibetan Bon practice of yoga known as Tsa Lung Trul Khor, which translates to “magical movements...
of vital breaths and channels.” This practice incorporates breathing and awareness with particular body movements, a process that puts you in touch with the subtle aspects of your body (your channels and chakras).

Practicing Tibetan yoga can clear long-held blocks in your body, energy, and mind, and support spontaneous arising of awareness during formal meditation and everyday life. This particular Trul Khor comes from ancient Tibetan masters of the Zhang Zhung Nyen Gyü or Oral Transmission of Zhang Zhung, and was put into writing between the 8th and 11th century, and taught uninterruptedly until the present times—from caves to monasteries, and now to everyday life.

The movements we will practice support the calming and abiding in one’s natural state of mind. These movements were also used in a research study with people with lymphoma at MD Anderson Cancer Center. The research was well accepted and resulted in improved sleep quality and well-being for the patients.

Recommended reading: Tenzin Wangyal Rinpoche, Awakening Your Sacred Body and The Tibetan Yogas of Body, Speech and Mind.

M. Alejandro Chaoul, PhD, has studied with eminent teachers of Tibetan Buddhism and Bon for more than 20 years, including Lopon Tenzin Namdak and Tenzin Wangyal Rinpoche. He teaches internationally through the Ligmincha Institute and is assistant professor at the University of Texas M.D. Anderson Cancer Center. www.ligmincha.org and www.MDAnderson.org/CIMER

**Be Present Empowerment Model®: Actualizing An Inclusive Vision of Community**

Lillie Allen & Margherita Vacchiano

What does it take to sustain positive change when we live in the social, political, and economic systems that we seek to transform? This interactive workshop teaches the Be Present Empowerment Model®, a celebrated leadership development process that supports people to foster transformative change that honors the justice that we seek. Together as a community of practice we will move through three interconnected leadership realms as we examine the impact of race, class, gender, sexual orientation, power, and more, on the effectiveness of our relationships and social movements. Through group discussion, small group exploration, and individual work, you will be shown how to be present in your life, strengthen self-knowledge, and enhance your abilities to consciously listen to and effectively partner with others.

For thirty years, the Be Present Empowerment Model®, created by Lillie Allen, has strengthened the capacity of individuals, families, schools, communities, organizations, and workplaces to thrive.

In this family-friendly workshop, participants will discover how to:

- Build authentic relationships based on trust and mutual responsibility
- Foster open dialogue and broadened understanding
- Develop enduring partnerships for transformative change

Children and youth, our next generation of leaders, are active participants in this workshop. All ages are welcome.

**A Time to Reflect**

**A Self-Directed Esalen Immersion**

See full program description on page 15.

**Forgiveness and Intimacy: A Time of Acceptance**

Mary Goldenson

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness. How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, Gestalt imagery, dance, and meditation.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone: individuals and couples, mothers, fathers, daughters, and sons, and healing professionals. The workshop may have up to thirty-four participants.

Recommended reading: Goldenson, If’s Time—No One’s Coming to Save You.

CE credit for MFTs and LCSWs; see page 113.

**Mary Goldenson** bio on page 24.

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Recommended reading: Goldenson, If’s Time—No One’s Coming to Save You.

CE credit for MFTs and LCSWs; see page 113.

**Mary Goldenson** bio on page 24.

**Weekend of May 10–12**

**LifeForce Yoga® to Manage Your Mood**

Amy Weintraub

LifeForce Yoga interweaves the power of an ancient discipline with current scientific findings to help you release what’s no longer serving you—without a story attached! In this inspiring workshop, you will learn about and practice breathing exercises, easy postures, guided meditations, and other experiential yogic tools for managing your mood.

We’ll practice:

- Pranayama and kriya breathing practices that regulate the emotions
- Meditations that lift the mood
- Affirmation (sankalpa)
- LifeForce Yoga Bhavana (imagery)
- LifeForce Yoga Chakra Clearing Meditation
- LifeForce Yoga Nidra
- Tones that regulate the emotions (mantras)
- Yoga asanas suitable for multilevel practitioners
- Self-Inquiry through writing and dyad sharing

You will leave feeling refreshed, renewed, and excited about your at-home or teaching yoga practice, and with new tools to bring balance to the emotional and physical body. The workshop is accessible for all levels, including beginners. Psychotherapists, health professionals, and yoga teachers will learn techniques not regularly taught in yoga classes. These practices are suitable
in a clinical setting, so in addition to taking care of yourself, health professionals can learn new tools to support and empower those they serve.

Recommended reading and viewing: Weintraub, Yoga for Depression, Yoga Skills for Therapists, and LifeForce Yoga to Beat the Blues – level 1 & level 2 (DVD).

CE credit for yoga teachers through Yoga Alliance and Amy Weintraub.

CE credit for MFTs and LCSWs; see page 113.


Amy Weintraub, MFA, ERYT-500, author of Yoga for Depression offers professional trainings internationally and is involved in ongoing research. Her evidence-based protocol is featured on the award-winning LifeForce Yoga® DVDs and CDs. www.yogafordepression.com

Mantras and Molecules

Dave Stringer

Chanting affects the areas of the brain that create our sense of where our body ends and the world begins. It also slows and steadies breathing, producing hormone and neurological changes in the body that feel simultaneously calming and thrilling.

Chanting Sanskrit mantras is one of the world’s oldest means of finding bliss. From the perspective of Eastern philosophy, the bliss we are seeking is already inside of us. Modern science agrees. Bliss is a chemical state that the body itself produces, and that we are apparently hard-wired to seek.

In this experiential workshop, you will explore the ecstasy of kirtan, a form of call and response chanting, and examine the neurochemistry of the changes in consciousness it produces. The workshop includes participatory musical experiences, as well as presentations and discussions of how music influences and alters our perceptions, mind, and spirit. When you participate in Kirtan, your sense of separation diminishes and your feeling of connection to source increases. You feel somehow intimate with all the strangers surrounding you, supremely centered, and vividly alive.

Dave Stringer is an innovative artist of the new kirtan movement. His sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sensibility of American gospel. An articulate and engaging public speaker, Stringer probes the dilemmas of science and spirit with a wry and unorthodox sense of humor. www.davestringer.com

Trauma and the Twelve Steps: An Integrated Retreat in Recovery Enhancement

Jamie Marich

Twelve-step recovery programs are time-tested, community-level resources designed to help people overcome addictions, problematic behaviors, or relationship codependency. Maybe you are one of many who have tried the twelve-step approach yourself or with your patients but felt that something vital was missing. People in recovery and professionals often give up on twelve-step programming because it fails to fully address the role that unresolved trauma can play in addiction and codependency. In this workshop, you can learn to:

• Incorporate principles of trauma recovery into a twelve-step program in an easy, effective manner
• Expand your views of trauma, spirituality, recovery, and wellness
• Develop hands-on approaches for addressing both addiction and trauma triggers
• More effectively work with others on their quest for recovery and wellness

A complete integration of the recovery experience—past, present, and future; body, mind, and soul—awaits you in this interactive weekend retreat.

Recommended reading: Marich, Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery; Cunningham, Healing Addiction With Yoga: A Yoga Program for People in 12-Step Recovery.

CE credit for MFTs and LCSWs; see page 113.

CE credit for psychologists; see page 113.

CE credit for nurses; see page 113.

CE credit for LPC in Ohio; please see leader.

Jamie Marich, PhD, is the author of Trauma and the Twelve Steps and EMDR Made Simple. She formerly worked as a humanitarian aid worker in post-war Bosnia; now she travels the country offering workshops on topics related to trauma and addiction while maintaining a private practice in Youngstown, Ohio.

Mother’s Day Family Workshop

Joanna Claassen & Sean Brennan

This Mother’s Day weekend, celebrate and nourish yourself and your family. Esalen is a magical place for adults and children alike. Together with the Gazebo School teachers, we will create a community of families focused on fun, laughter, renewal, and friendship. This will be a memorable weekend of exploration, connection,
creative expression, and play. We will build on the group’s interests and offer opportunities for families to work and play together and apart. We will use the Gazebo School Park, designed for children to climb, bike, garden, make music, dance, and care for Esalen’s farm animals, as well as the Art Barn for relaxing, connecting, reflecting, and creating.

Saturday night, we will offer a program for the children, during which adults will be free to enjoy Esalen alone or spend time with one another. All are invited to explore and experience Esalen during this fun and supportive weekend workshop. All ages are welcome, including parents with small children. All children must be accompanied by a parent or guardian.

**Joanna Claassen** is an outdoor and early childhood educator and community organizer. Former director of Esalen’s Gazebo Park School, she leads parent education and seminars for educators. Joanna is inspired by work happening in Reggio Emilia, Italy, and the No Child Left Inside outdoor education movement.

**Sean Tomas Brennan** teaches at Esalen’s Gazebo Park School. He is an early childhood educator who specializes in sharing smiles, laughter, and the bliss of life. He has worked with injured children at Shriners’ Hospital as a play therapist, and his passions include surfing, freediving, yoga, meditation, and poetry.

**Enjoying Meditation: Returning to Ease**

Peter Russell

Discover how something as simple as surrendering all resistance in meditation can open us to the peace and joy that lie within. For thousands of years, spiritual traditions have taught meditation as a way to awaken to our true nature. Yet many people find meditation tedious and difficult, a never-ending struggle to quiet the mind or focus the attention. This has led to the popular misconception that meditation requires great discipline and years of practice.

The key is giving up all trying and effort. The mind in its natural relaxed state is already at ease. Nothing needs to be “done” to find inner peace, we simply need to let go of the various thoughts that keep our minds busy and tense. The beauty of this approach is that nothing needs to be changed or eliminated. We simply surrender to the fullness of the present moment.

In this workshop, we can:

- Let our minds fully relax and settle down into a state of profound ease
- Learn basic principles of letting go
- Find greater contentment in the present moment
- Use our inner knowing to guide us during meditation
- Learn how to integrate these approaches in our lives, finding greater ease in daily activity

The workshop includes guided meditations, talks, group discussions, and periods of silence and inner reflection. It is suitable for both beginners and experienced meditators.

**Peter Russell** is the author of ten books, including *The TM Technique*, *The Global Brain*, *Waking Up in Time*, and *From Science to God*. His work integrates Eastern and Western understandings of the mind, exploring their relevance to the world today.

**Organic Skin and Body Care from the Garden**

Rachel Berry

Discover the joy of making your own organic skin and body care. Once you learn some basic herbal processing skills, you can easily make your own skin creams, facial scrubs, skin toners, and more. This is an essential skill for those who want high-quality skin and body care without chemical additives, and for those who wish to become more self-reliant by using organic, whole ingredients and making their own skin care products. In the beautiful Esalen gardens,
learn how to collect and process herbs, from picking to preservation. Over the weekend, you’ll enjoy a series of herbal skin treatments and have the opportunity to make your own customized set of herbal skin and body care, including skin cream, facial scrub, lip moisturizer, massage oil, and more. After completing the class, you will have a set of organic herbal skin care products to take home, the recipes and know-how to make them again on your own, basic knowledge of how to make a medicinal oil, tincture, and salve, and the ability to make great gifts. ($20 materials fee paid directly to the leader)

Rachel Berry, MA, blends her expertise in community health, medicinal herbs, and sustainable living practices to inspire and promote home-scale herbalism. She owns and operates Sierra Botanica, offering localized herbal care products and herbal home-care classes. www.SierraBotanica.com

Esalen® Massage—The Basics
Daniela Urbassek & Laurie Lioness Parizek
During an Esalen Massage, we experience a remarkable web of interdependence: a listening touch, a deepening breath, our nervous system soothed in connection with another. When we receive a massage, we remember an easier time and “come home.”

Esalen Massage seeks the interface between form and energy, physical structure and the soul, you and I. The long, integrative strokes build a sense of presence, while deeper focused work evokes release of tension patterns. Both teachers have shared this grounding, loving practice with many different people, and know the joy and healing that this form of calming and revitalizing touch can bring to many diverse cultures and personalities.

During this weekend retreat, through brief demonstrations, one-on-one guidance and plenty of practice time, you will have the opportunity to awaken your own talent and resources to easily and safely give and receive the basic elements of an Esalen Massage. To support you in your massage learning experience, centering, grounding, and self-care exercises are also included in the workshop presentation.

This course offers foundation skills to the newcomer and a fresh approach for the practitioner. There is also plenty of time to breathe in the beauty of the Big Sur Coast.

CE credit for bodyworkers; see page 113.

Daniela Urbassek bio on page 50.
Laurie Lioness Parizek bio on page 71.


Week of May 12–17

Painting the Outer and Inner Landscape
Adam Wolpert
Painting can be a profound experience—one that engages all of our senses, our minds, and our spirits. It brings together observation with introspection, contemplation, and healing. One of the most rewarding ways to explore painting is by painting outside. Faced with nature’s dynamic forces, we develop visual sensitivity, flexibility, and resilience. We come into deeper relationship with nature and with ourselves. We begin to see the world as never before, and our paintings give evidence of that new vision.

This workshop invites both beginners and experienced painters to immerse themselves in the practice of oil painting. Daily sessions will be devoted to painting out of doors as well as doing exercises in the studio. Basic oil technique, instruction in setting up a palette, mixing colors, and brushwork will be balanced with slide presentations. Workshop participants will learn from individual instruction and each other as they share their paintings and experiences in a supportive environment. The spectacular beauty of Esalen, with its radiant gardens, flowing waters, and rugged coastline, provides the perfect setting to explore this exciting practice.

You may supply your own materials (material list provided upon registration) or course materials can be provided for you with a $125 materials fee paid directly to the leader.

Adam Wolpert is a painter, facilitator, teacher, and art program director at the Occidental Arts and Ecology Center (www.oaec.org) in Sonoma County, Calif. He has offered workshops and exhibited extensively throughout California. His work can be viewed at www.adamwolpert.com

Luminous Being: Embodying the Radiance Sutras
Camille Maurine & Lorin Roche
Immerse yourself in love-drenched meditation and movement. We will explore the luminous teachings of the Vijnana Bhairava Tantra, an ancient text that describes 112 awareness practices for touching the sacred in the midst of daily life. The Radiance Sutras is a musical, sensuous translation of this tantra by Lorin Roche, who has lived and breathed these yogas for forty years. The Radiance Sutras evoke a world of wonder, awe, and delight. The focus of this workshop is on full-body spirituality—accepting every breath, sensual experience, and emotion as a doorway into deep and intimate contact with the energies of life. The practices include mudra (energy gestures), pranayama (breath), mantra (sound), and dhyana (meditation).

Anyone can practice these methods. The emphasis is on naturalness, spontaneity, and being at home in the universe. You meet yourself wherever you are, whether you are restless, lonely, loving, tired, excited, nostalgic, or quiet. This workshop is an opportunity to dive into the Sutras that are calling you and receive coaching from Lorin and Camille to make them your own, so that you can embody, move, and breathe this luscious reality. All levels of experience are welcome.


Recommended reading: Roche, Meditation Made Easy; Maurine and Roche, Meditation Secrets for Women.

CE credit for MFTs and LCSWs; see page 113.

Camille Maurine bio on page 20.
Lorin Roche bio on page 20.

Kirtan Flight School
Dave Stringer

If you can’t teach me to fly, then teach me to sing. —from Peter Pan by Sir James Barrie

When you participate in a kirtan, the call and response form of mantra chanting, you’re not just listening to the music; you are the music. In Dave Stringer’s Kirtan Flight School, you have the opportunity to explore and redefine the edges of what music can be when the crowd is itself an instrument.

Both experienced musicians and those rediscovering their own musical selves will walk away with a working body of knowledge about how to move a crowd to participate, and how to employ different musical devices in order to deepen everyone’s experience. No previous musical experience is necessary.

Participants will be organized into small ensembles. Each ensemble chooses a chant, rehearses it together, and presents a kirtan to the rest of the groups. Dave and his musicians rotate through the groups, working closely with the participants to develop rhythmic and harmonic concepts, solve problems, and answer questions. The history and philosophy of kirtan are also intensively explored, so participants learn how to present and discuss the mantras.

Dave Stringer bio on page 77.
Mythic Yoga: Creative Transformations through Body and Mind

Ernest Rossi & Kathryn Rossi

Is a peace within truly possible? Can we create our own personal transformation and healing stories through yoga? This workshop offers a rare opportunity to learn the stories that gave rise to the ancient yoga exercises of self-transformation and the evolution of consciousness. We will incorporate Milton Erickson’s naturalistic-utilization work and Rossi’s four-stage creative process that utilizes yoga’s ancient science of self inquiry, mental dexterity, and the Buddha’s four noble truths.

We will engage in group and individual processes that explore the theory, research, and practice of creating our consciousness daily and hourly. We will practice easy-to-learn four-stage creative patterns for problem solving as presented in our book, Creating Consciousness: How Therapists can Facilitate Wonder, Wisdom, Beauty, Truth & Self Care. We will practice gentle yoga exercises designed for all fitness levels. Join us as we create new consciousness and new personal narratives.

Please bring a yoga mat.


Ernest Rossi has received lifetime achievement awards from the Erickson Foundation, 1980; American Association of Psychotherapy, 2003; American Society of Clinical Hypnosis, 2008. He has published 38 books and 180 papers on therapeutic hypnosis, psychotherapy, dreams, art, beauty, truth, and creativity. www.ernestrossi.com

Kathryn Rossi, PhD, is a licensed psychologist and certified yoga instructor (RYT 500). She recently coedited the sixteen-volume Collected Works of Milton H. Erickson. She and Ernest Rossi are in private practice in Los Osos, Calif.

Enhancing Your Self-Care with EMDR-Inspired Techniques

Jamie Marich

Bilateral stimulation is one of the healing principles associated with eye movement desensitization and reprocessing (EMDR), whether it comes in the form of eye movements, tapping, alternating audio tones, or other organic modalities like walking, drumming, or dancing. In this workshop, discover a variety of ways to incorporate basic, bilateral mechanisms to enhance your overall wellness regimen, especially if you are adapting to the aftereffects of trauma or managing stress. Experience the inherent, healing properties of bilateral stimulation in a user-friendly way, and expand the scope of office-based EMDR. Those in the healing and helping professions will find these techniques easy to teach to their patients and clients.

CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for nurses; see page 113.
CE credit for LPC in Ohio; please see leader.

Jamie Marich bio on page 77.

Making Love Last—By Learning to Love

Lisa Firestone & Joyce Catlett

What does the word “love” really mean? Love is defined as 1) a noun: a feeling of tenderness, passion, and warmth; and 2) as a verb: to love—actions including expressions of physical affection, tenderness, and acts of kindness. The problem is that people often neglect the second and mistake an internal feeling or fantasy of love for the real thing.

In this workshop we explore the actions that go into making love last. Learning to love means becoming more aware of the barriers against love that are part of the way we defended ourselves against pain in childhood. It involves becoming familiar with the misleading advice coming from our critical inner voice—destructive thoughts that warn us not to trust another person. It entails identifying and challenging negative traits in ourselves similar to those we observed in a parent.

Activities will include one-to-one interactions to identify critical inner voices, and journaling exercises, e.g. composing an imaginary conversation with a parent or parents regarding their critical views of one’s relationship and answering back from one’s own point of view. Participants will have an opportunity to volunteer for a middle-of-the-room interaction with Lisa Firestone; to learn “unilateral disarmament”; to plan goals and generous acts based on an enhanced understanding of their partner’s wants and needs.

Lisa Firestone bio on page 18.
Joyce Catlett bio on page 18.

A Time to Reflect

A Self-Directed Esalen Immersion

See full program description on page 15.

Weekend of May 17–19

Creating Consciousness in Psychotherapy with Art, Beauty, Truth & Yoga

Ernest Rossi & Kathryn Rossi

Most people are surprised to learn how art, beauty, and truth can turn on gene expression and brain growth during creative experiences. It is profound to realize that our highest and most inspired states of consciousness can facilitate optimal gene expression and brain plasticity while stress and trauma can distort and suppress it. Mind-gene communication engages the transformational alchemy of mind, body, and spirit, which generates health and well-being as well as personal illness and the clash of cultures.

During this workshop, the theory, research, and practice of creating our consciousness daily and hourly utilizing Milton Erickson’s naturalistic general waking trance will be demonstrated with group and individual processes. We will practice easy-to-learn, four-stage creative patterns for problem solving as presented in our book, Creating Consciousness: How Therapists can Facilitate Wonder, Wisdom, Beauty and Truth. Recent research has documented the way our new Creative Psychosocial Genomic Healing Experience can optimize stem cell healing, reduce chronic inflammation, and reduce cellular stress and oxidation. Each session will begin with gentle and instructive yoga exercises as psychodrama stories for health and psychological transformation. This workshop is open to everyone. Please bring a yoga mat if you have one.


CE credit for psychologists; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Ernest Rossi bio on page 80.
Kathryn Rossi, bio on page 80.

The One Thing Holding You Back: Unleashing the Power of Emotional Connection

Raphael Cushnir

Do you have an unrealized dream? Are you still waiting to tap your full potential?
“Almost always, what prevents us from manifesting our greatest life vision is a reservoir of unfelt emotion,” writes Raphael Cushnir. “Resisting this emotion is what sabotages prayer, affirmations, or any other personal-growth technique. Finding and feeling this emotion is what infuses our mission with Spirit and makes us truly unstoppable. It’s simple, but most of us never learn precisely how—not at home, school, or even in therapy.”

Raphael has pioneered a method of emotional connection that virtually anybody can master, and that can be learned in just one weekend. It is grounded in both contemporary neuroscience and the great wisdom traditions. He has shared it with immediate and lasting results all around the world. You can use this emotional connection to overcome lifelong struggles with career, family, relationships, weight, self-esteem, and addiction. This workshop is designed to help you fall in love with every moment of your life. It can lead to the kind of personal accomplishment you’ve longed for, and also help you serve the world.

Raphael Cushnir contributes to O, The Oprah Magazine, and presents workshops worldwide. He’s written five books, including The One Thing Holding You Back and Surfing Your Inner Sea. His heart was opened through profound grief.

Create Personal Divinatory Cards with SoulCollage®

Seena Frost & Mariabruna Sirabella

Imagine spending a creative weekend beginning to collage (or continuing to collage) your own deck of imaginal cards. You will browse through piles of images and find those that call to you. They could be images that represent some of the many guides, allies, and challengers active in your soul. Using these images you will collage cards that depict your personality parts, your archetypal guides, your energetic companion animals, and even some of the sentient beings that have loved, taught, and challenged you. Along with time for creating cards will be time to gather in small groups and speak from your images. You will be surprised by the wisdom that bubbles up from your deep soul when you step imaginatively into an image and speak to a question from this new perspective. A supportive community listening as witnesses and scribbling your words will help make this a memorable experience.

For people new to SoulCollage, we will give explanations of the four suits and the three transpersonal cards that are in a typical SoulCollage deck. For advanced SoulCollagers, there will be additional work with the founder of the process, Seena Frost. The process is based on the work of C.G. Jung, James Hillman, psychosynthesis, and more. For more information, visit www.soulcollage.com.

SEENA FROST, LMFT, MDiv, is a clinician, teacher, poet, and gardener from California, and the founder of the SoulCollage® process. She wrote SoulCollage® Evolving and has recorded several CDs. Currently she trains SoulCollage® facilitators. www.soulcollage.com

MARIABRUNA SIRABELLA, LMFT, MS, is an artist, educator, and SoulCollage® trainer. Her clinical work blends ancient wisdom and Jungian humanistic psychology aimed at soul mentorship. She founded BodYnvocations™: Imagination in Motion. For her CDs and articles visit www.sirarte.com
A Yoga Journey through the Elements:
The Alchemy of Optimal Energy Flow

Ulrika Engman

Breath alleviates tension just as light illuminates darkness. The elements earth, water, fire, air, and ether take on different frequencies depending on how the breath flows through the various parts of the body. Each element is affected by tension and will either stagnate or over-stimulate in areas that are out of balance. Over the weekend, by liberating our breathing through yoga asana (postures), movement, imagery, and breath practice, we will aim to bring back optimal energy flow and greater balance throughout our bodies.

In each practice session, you can discover how to gain greater access to the grounding quality of the earth by opening up the hips, tapping into the power of the core abdominals for internal support, and retrieving the fluidity of the back. Also, you can discover ways to ignite the hot center of the solar plexus while fully connecting with the air element – the breath. Moment by moment, throughout the weekend, we’ll return to our optimal energy flow by learning the sacred and healing alchemy of the elements. Please bring a yoga mat.

CE credit for yoga teachers through Yoga Alliance and Ulrika Engman.

Ulrika Engman, E-RYT 500, is an Anusara-certified yoga teacher and Halprin Life-Art practitioner. Ulrika’s unique style blends the transformative power of yoga with movement and the expressive arts. She leads yoga workshops and retreats worldwide. www.Yoga-Journeys.com

Evidence-Based Traditional Taiji (T’ai Chi) and Qigong: Nurturing Mind, Body and Spirit

Yang Yang & Robert Sheeler

Master Yang is a traditionally trained, internationally recognized taiji and qigong master who has distilled essential aspects of these arts into an easy-to-learn program suitable for people of all ages and physical abilities. His Evidence-Based Taiji™ (EBT) and Qigong program was originally designed for research interventions to yield maximum benefit in the shortest amount of time. During this weekend workshop, participants will be shown static and dynamic qigong exercises and taiji form movements designed to nurture energy, develop the mind-body connection, and enhance well-being, tranquility, and positive thinking in daily life. Master Yang’s teachings embody the ultimate purpose of taiji and qigong practice: With your whole being, develop your life. Integrated with Master Yang’s teachings will be one-hour presentations by special guest instructors, Robert Sheeler, M.D. and Yang Ying. Dr. Sheeler, editor of the Mayo Clinic Health Letter, will discuss the pragmatic aspects of mind-body medicine. Ms. Yang Ying will introduce Six Healing Sounds qigong, one of the most popular and enduring Chinese qigong exercises. This workshop is an especially beneficial training for health professionals in their work with patients. Training can count toward Level 1 Qigong instructor certification.

CE credit for nurses; see page 115.
CE credit for MFTs and LCSWs; see page 115.
CE credit for Acupuncture; see page 115.

Yang Yang, PhD, is the author of Taijiquan: the Art of Nurturing, The Science of Power. A traditionally trained taiji/qigong master, he is director of the Center for Taiji and Qigong Studies, in New York, and a researcher and taiji/qigong instructor at Memorial Sloan Kettering Cancer Center. www.centerfortaiji.com

Robert Sheeler editor of the Mayo Clinic Health Letter has been studying Taiji and Qigong for several years. He has spoken extensively on a variety of topics at both traditional medical conferences and conferences on complementary and integrative therapy.

Healing Family Relationships Across Generational, Cultural and Other Differences

Yeshi Neumann

As humans, one of the sufferings we bear is the sense of separation we experience when we believe that the difference between ourselves and another person is greater than the connection between us. What would happen in your life if
you could transform your relationship with the most challenging people in your family? The journey begins with an invitation to be deeply kind to yourself. Next, you explore your intentions. What is a wise, compassionate, and courageous course for you to take? To reach out and communicate, or just to discover peace within yourself without involving the other person? Lastly you focus on developing skillfulness using the following points as a guide:

• If appropriate, you prepare for a courageous, compassionate, and authentic communication
• You sharpen your awareness of the lens through which you see the difference in others
• You expand your capacity to respond creatively rather than react habitually when emotionally challenged
• You cultivate the practice of mindfulness—the ability to be with things as they are

This workshop involves storytelling, partner work, communication processes, movement, and silent reflection all aimed at healing family relationships.

CE credit for nurses; please see leader.

Karinshma Deanna Darby is a licensed psychotherapist in the Sierra foothills, specializing in somatic psychotherapy. A certified massage therapist for 20 years, her passion is bringing together mind, body, and heart to create the opportunity for profound self-understanding and greater ease.

SoulCollage® and the New Paradigm

Seena Frost & Mariabruna Sirabella

During this workshop participants will collage personal cards, speak to questions from their card images, and discover firsthand how this creative practice reflects vital elements of the dawning paradigm. Collage itself is a metaphor for what millions of people are, right now around the world, calling into reality: a new, cosmic unity. With collage we take separated, seemingly unrelated images, and find how they fit together into a beautiful and balanced unity.

The more we practice the SoulCollage process, the more our innate creativity will unfold in all aspects of our lives. We become co-creators on many levels. Cooperation takes the place of competitiveness; feminine energy rises to balance masculine energies. We learn the value of listening to many perspectives, both internally as our many personality parts state their needs (and gripes), and externally as the needs (and gripes) of other persons and other nations are listened to and honored. These are critical pieces of the new paradigm and of this practice.

SoulCollage is deceptively simple; no special artistic talent is needed. And still it can jostle and wake up a part of the human soul which this dying paradigm has ignored or minimized: our creative core. Arising in the new paradigm and of this practice.

Walk on the Wild Side: Hiking the Big Sur Country

Steven Harper with Stacy Carlson

“What’s the quickest way out of the city?” John Muir is reported to have asked a stranger on the street of the metropolis in which Muir had just arrived. “Where do you want to go?” the man asked. “Anywhere that is wild,” Muir replied.

This week is straightforward. You day-hike the mountainous paths into the wilds of Big Sur, breathe in the fresh mountain air, and soak in Esalen’s natural hot springs looking over the waves of the Pacific—in short, you let yourself touch and be touched by Nature.

“Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul,” said Muir. Drawing from various wisdom traditions, the group will be introduced to practices that encourage openness to self and nature. As Muir discovered, “I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.”

Hikes (4-10 miles in length) begin after breakfast and finish in time to enjoy the hot springs and wholesome food of Esalen. Participants should be prepared for the challenge of invigorating physical activity as well as the opportunity to simply sit still in quiet contemplation. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenharper.com/faqs.html.

Muir wrote, “The mountains are calling me and I must go.”

($20 park-entrance fees paid directly to the leader)

Steven Harper bio on page 69.

Yoga and the Play of Opposites

Ulrika Engman

Every force has an inlet and an outlet, an effect and a counter-effect, a call and a response. We inhale and exhale, give and receive love, and light is followed by darkness. By becoming more conscious of the full spectrum of opposing forces, both physical and mental, we can deepen our yoga practice and engage life more fully.

Through mindful practice of biomechanics, alignment, imagery, and breath in asana (physical poses), we will kinesthetically identify the five most important forces that we encounter on the yoga journey: gravity, momentum, inertia, flow, and grace. When these forces are made
During this five-day immersion, participants will be shown static and dynamic qigong exercises and taiji form movements designed to nurture energy, develop the mind-body connection, and enhance well-being, tranquility, and positive thinking in daily life. Master Yang’s teachings embody the ultimate purpose of taiji and qigong practice: With your whole being, develop your life. Integrated with Master Yang’s teachings will be one-hour presentations by special guest instructors, Robert Sheeler, M.D. and Yang Ying. Dr. Sheeler, editor of the Mayo Clinic Health Letter, will discuss the pragmatic aspects of mind-body medicine, as well as more esoteric aspects including the potential relationship of qigong to quantum energy fields. Ms. Yang Ying, a famous erhu instrumental virtuoso in China, will introduce Six Healing Sounds qigong, one of the most popular and enduring Chinese qigong exercises. This workshop is an especially beneficial training for health professionals in their work with patients. Training can count toward Level 1 Qigong instructor certification.

CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for Acupuncture; see page 113.

Yang Yang bio on page 82.
Robert Sheeler bio on page 82.

Weekend of May 24–26
Mind, Mood and Happiness: Transforming the Self
Ronald Alexander

People can learn to change their thinking and behavior in ways that enhance happiness and well-being. For 2,500 years, the wisdom teachings of the East have utilized what their texts refer to as “skillful methods” for the study and transformation of the mind/body. These meditation and visualization practices help cultivate self-regulation through awareness, concentration, mindfulness, and other attention skills. This leads to clarity of mind, spaciousness of self, and greater compassion.

Using techniques from modern positive psychology, mindfulness, creative thinking and non-dual teachings, participants will learn skills to calm the mind, regulate mind/body states, develop trust with the unconscious, and explore inner resources for activating creativity, vitality, and well-being.

Methods include:
- Developing skills for accessing the resources of the core self
- Utilizing the unconscious for activating internal healing resources
- Meditating and practicing psychological skills to promote insight
- Exploring natural mind/body healing rhythms (yogic and somatic breathing methods)
- Discovering Buddhist psychological antidote remedies for unpleasant or painful states of mind
- Discussing mind, self, dissatisfaction, and happiness from Western and Buddhist perspectives
- Discovering practices that promote loving-kindness

These skills are especially applicable to health care professionals in their work with patients.

Recommended reading: Alexander, Wise Mind

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Ronald Alexander, PhD, is the director of the Open Mind Training Institute, and leads trainings internationally in mindfulness, mind-body therapies, and transformational leadership. He is the author of Wise Mind Open Mind.

www.ronaldalexander.com

Loving Yourself
Daphne Rose Kingma

You, yourself, as much as anybody in the entire universe, deserve to be loved.
—Buddha

Although it has been said that we should love others as ourselves, out of all the forms of love, loving ourselves is often the most difficult. We don’t know how to do it. Sometimes we’re not even sure that we should love ourselves, and if there’s a way to learn how to do it, we’re often not sure just what that might be.

Contrary to what you may think, it’s actually possible to learn how to love yourself—no matter how wounded you’ve been, no matter how habitually hard on yourself you may be. In this simple but profound workshop, you can learn how to claim your own beauty, hold yourself in your own compassion, and treat yourself with kindly care. Through teachings, meditation, and exercises, we will explore the following topics:
- Why you need and deserve your own love...
• How we get lost on the path to self love
• The many (and subtle) forms of not loving yourself
• The four steps to self-compassion

What better time to reconnect (or finally connect) with the precious treasure that you are? Find true support during this often challenging time and receive the remarkable gift of loving yourself!

CE credit for MFTs and LCSWs; see page 113.

Daphne Rose Kingma bio on page 33.

**Weekend of May 24–26**

**Family Mindfulness Retreat**

Ivy Mayer Lavie & Shai Lavie

Imagine a beautiful and protected space that supports you to mindfully turn within and find greater ease, and gives you space to play and just be with your family—all held in the dramatic natural surroundings of Esalen. This family retreat offers time to unplug from the busyness of life and find meaningful reconnection within and without. We will have time together as a group, and time when adults and children meet separately. Adult meditations will support quieting the mind, opening the heart, and being present to the beauty and challenge of life. Within this we’ll include time for discussion about making our family life an integral part of our spiritual practice. The children’s meetings will utilize Esalen’s beautiful natural setting (including the Gazebo Park School with its animals and gardens), and games to introduce mindfulness and kindness in enjoyable, age-appropriate ways. This program is open to families of any configuration or spiritual background, with children ages 3-13. Children of different ages may be allowed with the permission of instructors. Please contact ivymayer@yahoo.com with any questions. A portion of the proceeds from this workshop will benefit the Gazebo Park School, an open air school for infants and children on the Esalen grounds. Join us for fun, play, and connection as we learn to be more present with our families and with ourselves.

CE credit for MFTs and LCSWs; see page 113.

Ivy Mayer Lavie bio on page 54.

Shai Lavie, M.A., M.Ed, has taught meditation in the teen and family program at Spirit Rock Meditation Center and has led numerous programs for family and youth. He is a certified Hakomi therapist and teacher.

**Couples’ Communication Retreat**

Warren Farrell

We are in a healthy relationship when we can comfortably talk about things that hurt us, and we are able to engage in a constructive way, with the goal of understanding each other. In this workshop we will explore healthy and unhealthy ways of talking about and connecting to each other.

CE credit for MFTs and LCSWs; see page 113.

Jonathan Horan is Gabrielle Roth’s son and closest collaborator. He is on the core faculty of her international institute, The Moving Center. Jonathan has been immersed in the 5Rhythms® practice throughout his life and continues to be a key catalyst in its evolution.

**Taoist Sexual Secrets: The Alchemy of Energy and Ecstasy**

Lee Holden

Within us is a wellspring of vitality known as qi that manifests as energy, passion, presence, and love. Taoist practices embrace all aspects of the self—physical, energetic, sexual, emotional, and spiritual. Alchemy is the integration of these layers of ourselves, and through this process bliss and ecstatic experience blossom from within. Alchemy is described as the art of transforming lead into gold. In the context of this workshop, gold represents the qi that manifests as vitality, passion, presence, and love. With the guidance of senior Taoist teacher and qigong instructor Lee Holden, we will explore ancient Taoist practices to help us work with this subtle energy for increased passion and intimacy, improved health, emotional balance, and spiritual development.

Through a combination of lecture, qigong movement, meditation, and partner exercises, we can discover practical tools to improve our everyday lives by learning to tap into the power of our own qi, balance it within, and feel connected to the divine.
The workshop also includes instruction in Taoist sexual secrets for abundant vitality, intimacy, and compassion. You will be taught techniques for expanding orgasm, refining sexual energy, and developing the alchemy of love and gratitude. Open to couples and individuals.

Recommended reading and listening: Holden, 7 Minutes of Magic, Taoist Sexual Secrets, and Qi Gong for Health and Healing (CD).

CE credit for acupuncture: see page 113.

Lee Holden is a senior teacher for Mantak Chia, the Taoist master, and has edited several bestselling books on Taoist sexuality. He is a leading Chi Kung instructor, and creator of 7 Minutes of Magic, the DVD series aired on PBS and the book.

The Upledger Institute’s CranioSacral Therapy

Upledger Institute Faculty

CranioSacral therapy is a gentle, noninvasive, hands-on technique to help detect and correct imbalances in the craniosacral system that may cause sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders. Participants will learn the detailed anatomy and physiology of the craniosacral system, its functions in health, and its relationship to the disease processes. Half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential as an evaluative and therapeutic process; fascial and soft-tissue release methods; and the pressurerstat model, which explains the mechanism of the craniosacral system. Participants will learn a ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restrictions and imbalances in the craniosacral system.

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. IAHE is a coalition of curriculum developers united to advance innovative therapies through high quality continuing education programs. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/workshops/reservations.html.

Recommended reading: Upledger and Vredevoogd, CranioSacral Therapy (chapters 1-6); Upledger, Your Inner Physician and You.

CE credit for nurses: see page 113.
CE credit for bodyworkers: see page 113.
CE credit for physical therapists: please see leader.
CE credit for Acupuncture: please see leader.

Eco-conscious Transformational Leadership for Our Local and Global Future

Kat Steele

Sustainability and environmental leadership are vital for our long-term survival on this planet. As citizens and business/organization leaders, we need to intimately understand stakeholder engagement, reputation, ethics, and market viability, and see them all as equally important to balance when making the case for sustainability in our lives and organizations.

During this experiential, cross-cultural leadership workshop, Kat Steele will help you develop a heightened sense of place and self-awareness, while deepening your practice of leadership to enable you to take new skills into your personal life and projects. With an emphasis on honoring your inherent wisdom and uncovering and awakening your natural leadership strengths, we will explore how to move from transactional to eco-conscious transformational leadership.

Elements of the program include but are not limited to:
- Personal growth and sustainability practices for a balanced life
- Effective communication and interpersonal skills for strong relationships
- Empowerment with the confidence to live and function in a more just, sacred, and sustainable future
- Group dynamics and facilitation skills
- Special guest leader presentations

Time to connect with the sacred land and waters of Esalen

Kat Steele bio on page 40.

Gestalt Practice and Cortical Field Re-Education: Developing Emotional and Somatic Resources

Dorothy Charles & Patrice Hamilton

Increasing awareness of our somatic sense of self provides new options for developing more effective psychological and physical patterns. This experiential workshop blends the slow, developmental movement of Cortical Field Reeducation® with individual and group Gestalt work to address how habitual, unconscious beliefs and behaviors formed early in life lead to habitual ways of responding that limit life experience.

Through mindfulness, explorations of forgotten movement patterns, and Gestalt Awareness Practice, we contact the here-and-now, where change and growth are possible. As we become more present in our bodies, we may discover an inability to identify what we are feeling, or that—because of painful memories and difficulty in experiencing feelings directly—we have been avoiding them.

This is a relational process. Working in an empathic, supportive group setting creates a container in which new ways of moving and being can be expressed and explored. This workshop provides the experience of making contact with people who are present and accepting, making it possible to develop a greater capacity for feelings. We can then learn to use our feelings as guides that help us live more authentically, moving beyond habits of being and relating that no longer serve us. In addition, changes in habitual muscular holding patterns result in a body that is better able to support changes made on any level—emotional, physical, or psychological.

Recommended reading: Perls, Gestalt Therapy Verbatim; Feldenkrais, The Potent Self.

CE credit for MFTs and LCSWs: see page 113.

Dorothy Charles bio on page 13.

Patrice Hamilton bio on page 15.

Weekend of May 31–June 2

Sharing Your Life Story: From the Page to the Stage

Ann Randolph

As we write, we are both describing and deciding the direction that our life is taking.

—Julia Cameron

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This workshop is an invitation to discover your own unique and powerful story. Michel de Montaigne, the great personal essayist, said, “Every man has within himself the entire human condition.” The intention of this workshop is for you to delve deep into your own personal narrative.
Writing from your deepest source, gain insight and self-understanding that can bring peace and healing. You will then make your words leap from the page to the stage, sharing them orally to uncover the power of story to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you will find your authentic voice, along with an honest, organic way to express your truth. Ann Randolph creates a supportive, fun, and dynamic space to create. All levels are welcome. This is a workshop for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling. Topics include:

• Writing exercises to stimulate memory
• Learning to structure the narrative in a compelling way
• Discovering ways to create spontaneously
• Overcoming performance anxiety
• Tools to release yourself from the inner critic
• Transforming your ideas/stories into performance

Ann Randolph bio on page 31.

Hanna Somatics: Freeing the Wisdom of Your Somatic Self
Eleanor Criswell Hanna

Hanna Somatics is a mind-body technique developed by Thomas Hanna that enables us to move toward greater mind-body integration, ease of movement, and freedom. This workshop introduces the somatic self, somatic theory, and exercises for assessing and somatically transforming ourselves. As we transform, we move toward freeing the wisdom of our somatic selves.

Over the course of our lives, chronic muscle contraction patterns created by past experiences are unconsciously maintained. Thomas Hanna named this tendency sensory-motor amnesia (SMA). Hanna Somatics enables us to use our brains to overcome SMA and the negative effects of stress, trauma, and aging. It enables us to hear more clearly the wisdom of our bodies. Hanna Somatics also enhances performance and well-being.

Through guided somatic exercises, dyad work, and hands-on demonstrations, this workshop explores the neuromuscular responses to emotional states and the wisdom and joy that come from the body’s renewed awareness and freedom. The workshop presents:

• How to assess basic postural reflex patterns that are habituated
• How emotions create muscular contraction patterns
• How muscle contraction patterns affect your somatic disclosures (somatic communications to others) and somatic perception of experiences
• How to use the daily maintenance exercise series and other somatic exercises to maintain comfort, ease of movement, and receive wisdom from your somatic self
• How to teach the somatic exercises to individuals and groups

This workshop is designed for individuals seeking personal growth as well as for professionals seeking to enhance the somatic dimension of their work.

Recommended reading: Hanna, Somatics, The Body of Life and Bodies in Revolt; Criswell Hanna, Biofeedback and Somatics.

Eleanor Criswell Hanna, director of the Novato Institute for Somatic Research and Training and an emeritus professor of psychology at Sonoma State University, is editor of Somatics, and author of How Yoga Works and Biofeedback and Somatics.

Building Collaborative Relationships through Five Essential Skills
Jim Tamm

This is a how-to course for people who want to be more effective at creating climates of trust, building relationships, and dealing with conflict—at work, at home, or within oneself. Many
personal and business relationships become adversarial simply through a lack of relationship-building skills. This workshop provides practical experience with five skills that are essential for building successful collaborative relationships.

The course has its roots in a Hewlett Foundation/State of California pilot project designed to teach collaborative skills in adversarial settings. Several follow-up research studies documented the dramatic long-term results. Conflict was reduced by 85%, trust increased by 70%, defensiveness reduced by 50%, and participants were 45% more effective at getting their interests met in conflict.

Participants will be shown how their often unconscious emotional needs in the areas of inclusion, control, and openness impact their effectiveness when building relationships and dealing with conflict. This is skill-building to develop relationships for long-term mutual success. The material will be of immediate use to individuals as well as people in interpersonal and work relationships such as couples, families, team leaders and members, and employers and employees.

Jim Tamm, a former judge who has mediated more than 1,500 disputes, is the author of *Radical Collaboration: Five Essential Skills to Reduce Defensiveness and Build Successful Relationships*. He is on the faculty of the International Management Program at the Stockholm School of Economics.

Awake in the Wild—Meditation in Nature

Mark Coleman

Following ancient spiritual traditions that value the transformative power of nature, this experiential workshop will be spent meditating outdoors in the natural beauty and mystery of Esalen. Whether it is during a sunset meditation, listening to the soothing sounds of the ocean, or sitting graced in the stillness of cypress trees, we will open to the profound serenity and wisdom of nature. We will learn about the practice of mindfulness—the capacity to be present to ourselves and our environment, and then learn how to apply this receptivity to developing a contemplative relationship with nature. We can discover how meditative time outdoors leads to beautiful states of joy, peace, wonder, love, and connection with oneself, one another, and the larger web of life.

During the week, there will be nature-based meditations, individual and group exercises, and talks on meditation and nature. There will be time to relish the silence outdoors and ample opportunity to explore and discuss the art of meditation in nature. This workshop is appropriate for beginning and experienced meditators who are curious about meditation, mindfulness, and how to deepen our connection with the beauty and mystery of the natural world. Be prepared for unexpected rapture, delight, mystery, and stillness.

Mark Coleman is author of *Awake in the Wild*. He has studied Buddhist meditation since 1984. He is a Spirit Rock meditation teacher and has led wilderness meditation retreats from Alaska to Peru. Mark is also a coach and therapist. [www.awakeinthewild.com](http://www.awakeinthewild.com)

Raja Yoga: Unifying the Mind and Heart

Michele Hébert & Mehrad Nazari

The words for mind and heart are the same in many cultures. In the West, however, mind and heart are considered distinct, separate, and too often the intellect is valued more. As human beings, we are at our most powerful when we come from the union of these two aspects of Self: wisdom and compassion; knowledge and love. Beyond our intellect is the power of love that yokes us to universal consciousness.

Raja yoga, or the “royal yoga,” teaches balance. As spiritual beings with a physical experience in the world, the strength and health of the physical body is essential to a balanced life. Hatha
yoga gives us the means to strengthen and purify the physical, while the practices of Raja yoga purify the heart. This retreat includes a daily energizing hatha yoga practice as well as the inner practices of yoga which sharpen the mind and open the heart. Through asana, pranayama, chanting, dialogue, meditation, and heart-centered practices you can discover new insights into yourself and your actions in the world, and experience new levels of serenity, clarity, and compassion. If you are a practicing yogi, this retreat can deepen your practice. If you are new to yoga, it can provide guidance and insight into deeper aspects of yourself. Chairs will be available for sitting. Please bring a yoga mat.

Recommended reading: Hébert, The Tenth Door: An Adventure through the Jungles of Enlightenment. CE for yoga teachers through Yoga Alliance and Michele Hébert.

Michele Hébert, (ERYT-500), co-founder of the Raja Yoga Institute, has been teaching yoga and meditation since 1977 in private practice, yoga teacher training, and group retreats. She is the author of The Tenth Door: An Adventure through the Jungles of Enlightenment. www.rajayogis.net

Mehrdad Nazari is a master teacher of the Walt Baptiste Method of Raja Yoga. Dr. Nazari received initiation from Swami Veda Bharati, Kyozan Joshu Roshi, and H.H. The Dalai Lama. As an industrial psychologist, he applies the ancient spiritual practices to the corporate world.

How to Stay Healthy in a Toxic World: Change Your Home Environment, Change Your Life

Beth Greer

What if you could stay healthy by simply changing your home environment? Every day we’re exposed to hundreds of untested chemicals—from additives in food, to endocrine disruptors in cosmetics, to fumes in household cleaners. These comprise our “body burden” and can exacerbate allergies, asthma, fatigue, cough, headache, and more serious health conditions.

This practical workshop offers bite-sized wisdom to radically improve your health and vitality. Take an in-depth look at what goes in you, on you and what surrounds you, including simple, affordable ways to make your home a safe haven.

Leader Beth Greer eliminated a tumor in her chest without drugs or surgery by going super natural. She’ll share how she did it and show you how to:

• Detect and eliminate electromagnetic radiation from cell phones, laptops, WiFi, etc.
• Also, all participants will leave with their own hand-made natural lip balm, deodorant, and wrinkle treatment, plus a free copy of Beth’s book, Super Natural Home.

($15 for materials fee paid directly to the leader)

Beth Greer is the author of Super Natural Home and former president of The Learning Annex. A radio host, HuffPost columnist, and environmental health educator, she eliminated a sizable tumor without drugs or surgery. She designs Integrative Corporate Wellness Programs and in-home/office detox assessments. www.BethGreer.com

Current Trends in Esalen® Massage and Bodywork

Deborah Anne Medow & Vicki Topp

This workshop is an invitation to explore and experience current trends in Esalen Massage and Bodywork. During the weekend, attention will be focused on various ways to:

• Sensitively and comfortably work at deep levels
• Utilize both active and passive movement to enhance effectiveness
• Develop a deeper understanding of the terms listening, balance, and integration

The workshop leaders will offer techniques that can easily be incorporated into existing personal styles. Unusual, interesting, and fresh aspects of Esalen Massage will also be introduced, expanding technique repertoire and inspiring creativity and innovation.

Sessions will also include plenty of personal attention and assistance to support the process of learning. Come prepared to soak in the healing waters of the Esalen baths, and to touch and be touched by the beauty, power, and spirit of the Esalen land and the Big Sur coast. All levels of experience are welcome.

CE credit for bodyworkers; see page 113.

Deborah Anne Medow bio on page 20.
Vicki Topp bio on page 36.

Deep Writing

Eric Maisel

Eric Maisel’s Deep Writing workshops are simple in structure and powerful in effect. The group creates a genuinely safe environment because participants’ writing is neither shared nor critiqued. Rather, the group receives permission to spend time connecting with and falling back in love with their own writing. Each writing session begins with a core lesson. You explore the unique challenges that writers face and have the opportunity to resolve longstanding issues around committing, planning, and doing. In the process you can achieve a centered presence, master anxiety, and maintain the writing life.

The workshop is ideal for writers of every level of experience, from published authors to writers who have yet to begin writing. It is likewise ideal for writers hoping to get back to a beloved project and for writers who are immersed in a current project. There is also the opportunity to chat informally with the leader about your writing or publishing questions. Give yourself the gift of a real writing week in the company of other writers.

Recommended reading: Maisel, Coaching the Artist Within and Making Your Creative Mark.

Eric Maisel is a creativity coach and author of more than 30 books, including Rethinking Depression, Mastering Creative Anxiety, Toxic Criticism,

Hanna Somatics: Freeing the Wisdom of Your Somatic Self
Eleanor Criswell Hanna

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Chronic muscle contraction patterns created by past experiences are unconsciously maintained. Thomas Hanna named this tendency sensory-motor amnesia (SMA). Hanna Somatics enables us to use our brains to overcome SMA and the negative effects of stress, trauma, and aging. It enables us to hear more clearly the wisdom of our bodies. Hanna Somatics also enhances performance and well-being.

Through guided somatic exercises, dyad work, and hands-on demonstrations, this workshop explores the neuromuscular responses to emotional states and the wisdom and joy that come from the body’s renewed awareness and freedom. The workshop presents:

• How to assess basic postural reflex patterns that are habituated
• How emotions create muscular contraction patterns
• How muscle contraction patterns affect your somatic disclosures (somatic communications to others) and somatic perception of experiences
• How to use the daily maintenance exercise series and other Somatic Exercises to maintain comfort, ease of movement, and receive wisdom from your somatic self
• How to teach the somatic exercises to individuals and groups

This advanced workshop is designed for mental health professionals, physical therapists, nurses, bodyworkers, and others seeking to bring the somatic dimension into their work, as well as individuals seeking further personal growth. People with prior Hanna Somatics experience will find this workshop the next step in their somatic development. Participants who successfully complete this workshop will be qualified to teach the basic Hanna Somatics Exercises.

Recommended reading: Hanna, Somatics, The Body of Life and Bodies in Revolt; Criswell Hanna, Biofeedback and Somatics.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.
CE credit for bodyworkers; see page 113.

Eleanor Criswell Hanna bio on page 87.

Raja Yoga: Unifying the Mind and Heart
Michele Hébert & Mehrad Nazari

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Raja yoga, or the “royal yoga,” teaches balance. As spiritual beings with a physical experience in the world, the strength and health of the physical body is essential to a balanced life. Hatha yoga gives us the means to strengthen and purify the physical, while the practices of Raja yoga purify the heart. This retreat includes a daily energizing hatha yoga practice as well as the inner practices of yoga which sharpen the mind and open the heart. Through asana, pranayama, chanting, dialogue, meditation, and heart-centered practices you can discover new insights into yourself and your actions in the world, and experience new levels of serenity, clarity, and compassion. If you are a practicing yogi, this retreat can deepen your practice. If you are new to yoga, it can provide guidance and insight into deeper aspects of yourself. Chairs will be available for sitting. Please bring a yoga mat.

Recommended reading: Hébert, The Tenth Door: An Adventure through the Jungles of Enlightenment. CE for yoga teachers through Yoga Alliance and Michele Hébert.

Michele Hébert bio on page 88.
Mehrad Nazari bio on page 88.

Sweet Mischief: A Lighthearted Path for Self-Realization and Restoration
David Schiffman

Step right up, step right in, come and enjoy the trouble you’re in.
—Coyote Old Man

The radiance of a light heart changes for the better everything it reveals. It bathes us in an atmosphere of playfulness, hope, and goodwill. It is born of innate wisdom and is a blessing for all who share it. If you feel that living a passionate, lighthearted, authentic life is a necessity, not a luxury; if presence to deeper, wiser, more naturally uninhibited spirits helps you balance out the needs and demands of others with your own; if you feel being free and whole in your own skin is the proper foundation for a real life lived—then you’re ready for the lighthearted path of sweet mischief.

Come join David Schiffman and friends for a week of high spirits, joyful antics, and deep contemplation amidst all things considered. “Our aim together,” writes David, “is to express our deepest thoughts and feelings in a dreamtime celebration of lighthearted intention. We will call on the uplifting spirit medicine of ceremony, touch, dance, music, and song, along with the powers of spirit-family and personal daring and sharing. Our mission: to reconnect with what is free, natural, and alive inside us… A joyful tune-up… A time designed to leave you feeling more nimble, poised, and able to face the challenge of making the life you hope for.”

David Schiffman bio on page 36.

Experiencing the Esalen Farm and Garden
Farm and Garden Staff

For more than forty years, the Esalen Farm and Garden has provided a holistic model of food security and sustainability—producing food that sustains, heals, and educates the community. Growing one’s own food is a powerful form of activism and a deep source of spiritual experience. The Esalen Farm and Garden staff strives to cultivate soil, plants, and people while honoring the spirit of the land and its ancestors.

This dynamic workshop experience provides the opportunity to immerse yourself in the Farm and Garden alongside our talented and experienced staff. This week will introduce you to the practical and experiential knowledge needed to start or refine your own garden, as well as a chance to revel in the beauty and power of the Esalen land. You will gain hands-on experience with topics including seed starting, harvesting, cultivation, transplanting, composting, seed saving, flowers, and herbs.

We invite you to explore working on the land as a physical, emotional, and spiritual experience. As an Esalen work tradition, Gestalt awareness practice is integrated into our time together, to
support our growth processes and group relationships. Each morning after harvest, we gather in a sharing circle to connect with ourselves and each other before the day of learning and working. We ground and connect with the land through mindful and playful activities and rituals. The week culminates with a farm-to-table dinner that we prepare and share in gratitude together on the beautiful farm.

**Weekend of June 7–9**

**Natural Psychology: Exploring the New Psychology of Meaning**

Eric Maisel

Do you spend a lot of time just going through the motions? Are you frequently bored, anxious, or blue? Do you procrastinate or find yourself blocked? Do you have trouble believing that your efforts matter? These are all problems related to the process of making meaning. Natural psychology can help you meet these challenges!

Natural psychology provides a true-to-life account of our innate meaning-making needs and skills. It provides a framework for harnessing our capacity to create meaning ourselves, instead of seeking it from external sources. In this workshop you will be taught the principles and practices of natural psychology. By the end of the weekend you will have new tools to:

- Navigate the shift from seeking meaning to creating it in your everyday life
- Spend a minute or two each morning orienting yourself toward your day’s meaning opportunities
- Dignify your efforts by making conscious meaning investments
- Calculate the amount of meaning you need to feel happy and fulfilled

Change your relationship to meaning and finally understand how it operates in your life—and how you can nurture, increase, and sustain it.

Helping professionals will also find this workshop useful in learning how to identify and discuss the meaning needs of their clients and patients. These skills can help professionals reduce resistance and deepen the clinical experience.

Recommended reading: Maisel, Natural Psychology: the New Psychology of Meaning. CE credit for MFTs and LCSWs; see page 113.

**Films that Empower the Human Spirit: Esalen’s Social Change Film Festival**

Corinne Bourdeau & Mary Murphy

Cinema can inspire, uplift, and promote positive change in the world. Examples of recently released social change films include The Bully Project, which addresses the issue of bullying in schools, and Escape Fire, about the state of our nation’s healthcare system. These are the kind of films that can truly make a difference in how people live and express their creativity, while promoting greater awareness about the important issues of our time.

During the first annual Esalen Social Change Film Festival, participants will enjoy a vibrant mix of films, panel discussions, and conversations with filmmakers. Our intention for the weekend is to build an engaging and supportive community of film enthusiasts whose common
goal is to enrich and uplift the human spirit. The festival is open to everyone, and will be of particular interest to artists, filmmakers, and those who have a passion for social justice, environmental issues, personal growth exploration, and spiritual themes.

Discussion topics may include:
- The landscape of independent films dedicated to social change
- The power of entertainment to create social change
- The art of powerful storytelling
- The exploration of positive psychology in film

Featured guests include Roko Belik, director of *The Happy Movie* and *Genghis Blues*; Barnet Bain, producer of *Celestine Prophecy* and *What Dreams May Come*; Jon Shenk, director of *The Island President* and *Lost Boys of Sudan*. Please check the Esalen website for additional guests.

**Corinne Bourdeau** is president and founder of 360 Degree Communications, an agency specializing in films that celebrate and enrich the human spirit through social change. Bourdeau's portfolio includes academy award-winning documentaries such as *Ingredients*, *The Cove*, and *Way of the Peaceful Warrior*.

Mary Elizabeth Murphy is an expert at creating innovative grassroots campaigns that target niche markets. She has worked on Academy Award®-winning film *The Cove*, and other indie hits such as *Pina*, *Cave of Forgotten Dreams*, *Bottle Shock*, and *The Way*.

**Mindfulness in Deep Relationship: Savoring the Sources of Nourishment**

Jerome Front

This retreat invites participants to open to their most elemental relationship, that which exists between the body, mind, and the natural world as it manifests through eating, food, and our senses. This awareness then widens to include the deep nourishment we receive from being in mindful relationship with each other. “Individually, we all know the hungers and longings that coexist at emotional, spiritual, bodily, and relational levels,” says Jerome Front. “Fortunately, these basic needs also form our common human ground. Opening to these primal shared areas with a loving awareness can create profoundly satisfying aspects of deep relationship. These nourishing and transformative relational experiences include understanding and being understood, a sense of increased personal presence, and the soothing and integrating experience of being known in another’s accepting, warm presence.”

Participants will experience sensory work, silent meals, music, ritual, and instruction on mindfulness meditation. Teachings and activities will alternate with periods of intentional silence. Open to everyone, this retreat is an especially rich resource for helping professionals, teachers, and nurses.

**Jerome Front** teaches at Pepperdine University and across the US, and has written about mindfulness, contemplative living, and mindful approaches to relationships. He leads retreats and clinical and corporate trainings, and is an LMFT in private practice.

**Soul-Centered Writing and Meditation for Women**

Sarah McLean

For many, writing is a spiritual practice that leads to a profound experience of timelessness and present-moment awareness. That is also true
of meditation. For those who practice mediation, life is often transformed physically, spiritually, and emotionally. During this retreat, you’ll write, listen to yourself, and be heard, perhaps for the very first time. With your attention on silence, stillness, and the present moment, you’ll listen to and trust your own voice as you transcend your inner critic and express yourself with your inherent creativity through writing exercises. You'll be taught an ancient, powerful meditation practice from the yoga tradition that will allow you to let go of stress and open yourself up to who you are—outside of the roles and relationships you play. Gentle yoga instruction and mindfulness practices are also woven throughout the workshop, including a walking meditation and mindful-eating meditation. This is a perfect retreat for both aspiring writers and experienced authors.

Sarah McLean, former education director for the Chopra Center for Wellbeing in San Diego, Calif., is the founding director of the Sedona Meditation Training Company, now known as the McLean Meditation Institute. Her book is Soul-Centered: Transform Your Life in 8 Weeks with Meditation. www.sedonameditation.com

Close Yet Free: The Path to Making a Good Relationship Even Better

Gerald Smith

How can you be open and vulnerable to love your partner, and, at the same time, free to continue to grow as an individual? This balance of merging and still maintaining your own center is never completely worked out, because each partner is continually changing. However, this dilemma of competing needs can be dealt with in ways that will add even more aliveness to what you already have together. In fact, a relationship that offers closeness, and at the same time freedom, can be a superb opportunity for your own deepest growth.

Much of your time during this weekend will be spent with your partner separate from other couples. There will be verbal, nonverbal, and written experiences to increase openness, support, and affection, as well as skills to resolve differences without producing scar tissue. Since play is an essential part of a thriving relationship, there will be experiences to spark the imagination and create new ways to play together.

Enrollment is limited to twelve couples.

Gerald Smith is a licensed psychologist who has maintained a private practice in San Mateo, Calif., since 1964. He has led more than 100 workshops at Esalen since 1966. Now 80, he is the author of Couple Therapy and Hidden Meanings.

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Week of June 9–14

Improv: Expand Yourself with Laughter

Dixie Cox & Clifford Henderson

Activate your imagination, creativity, and spontaneity. Just as muscles can tighten with stress and age, so can notions about ourselves. One antidote to this natural process is improvisational workouts. Children stretch their sense of self through the powerful medium of play. Adults often don’t, finding it too scary or foolish. This unwillingness prevents them from experiencing potential learning tools, which includes the permission to try new ways of being without the serious consequences of real life. In this positive workshop, participants are guided through simple improv exercises aimed at personal expansion. Using the tenets of improv, such as trust and spontaneity, participants are encouraged to say “Yes” to situations offered to them by the group. This workshop also explores one of improv’s most compelling tools: status; the human pecking order. Participants familiarize themselves with the subtle clues they send and receive defining their status, and have a chance to try new body language and status choices. Rejuvenate your spirit through experiential play and laughter. Past participants have said, “By stretching myself, I’ve become more of me” and “It’s more fun than a ride on a fire truck!”

Dixie Cox, cofounder of the Fun Institute in Santa Cruz, Calif., has been teaching people to re-create themselves through improvisational acting classes since 1993. She performs regularly with the improv troupes Loose Cannon Theater and Crash Test. www.funinstitute.com

Clifford Henderson is cofounder of the Fun Institute in Santa Cruz, Calif., a school of improv and solo performance. She’s had numerous plays and sketch comedies produced in the SF Bay Area. Her published works include The Middle of Somewhere, Spanking New, and Maye’s Request. www.funinstitute.com and www.clifford-henderson.net.

Plein Air Painting in Big Sur

Jennifer McChristian

Join award-winning painter Jennifer McChristian for a five-day intensive workshop for all levels of artists who want to learn the time-honored joy of painting en plein air. Painting en plein air is a term made popular by the French Impressionists and translates as “painting in the open air.” The deep spiritual connection to nature derived from this form of intense observation has made it a lasting tradition which is especially needed in these modern times.

The aim is to learn to interpret nature in terms of paint, using light and color to create form. Color relationships, design and composition, simplifying, and the benefits of painting outdoors are discussed, as well as how to design and build a painting that carries an emotional impact. Students focus on values, shapes, edges, and color as they relate to painting.

There are brief demonstrations each day and one-on-one advice in the field. Exercises include creating small 6x8” color sketches, where students will paint color block-ins and value studies prior to working on larger canvases.

In the event of inclement weather, students must bring with them several reference photographs of landscapes.

Recommended reading: Payne, Composition of Outdoor Painting; Carlson, Carlson’s Guide to Landscape Painting; Goerschner & Lehrman, Oil Painting, The Workshop Experience.

Jennifer McChristian is an award-winning artist who was born and raised in Montreal, Canada. In 1986, she moved to California, where she was an animation artist for Disney and Nickelodeon, among other studios. She has studied under Robert Blue, Karl Dempwolf, and Steve Huston, and leads painting and drawing workshops internationally. www.jennifermcchristian.com

Beyond the Long Stroke: The Integration of Deep Bodywork and Esalen Massage

Perry Holloman & Johanna Holloman

"In our previous classes, we've focused on teaching the practice of Deep Bodywork for specific segments of the body," write the leaders. "In this seminar, we will focus on giving a full body massage, and integrating Deep Bodywork into the session as a whole. We will show you how to apply deep work on both sides of the body while maintaining the flowing, integrative quality which is the signature of Esalen Massage.

"Practitioners working in spas as well as in private practice are quite familiar with requests for 'deep work.' How do we do this in a manner so that we can both slow down—allowing tissues time to open and change—and have time for a full-body massage? This class will address that
dilemma, and integrate the most effective techniques from each of our basic classes. You will be shown how to blend long, integrating strokes on the entire body with effective pain-releasing methods on the areas of specific focus requested by your clients.

We will also address the important issue of working deeply without injuring ourselves as we work. Learning to use proper body mechanics, and aligning with the universal force of gravity, will be important elements of our learning.”

This is an advanced level class. Previous massage experience is necessary. For more information, visit www.deepbodywork.com.

CE credit for nurses; see page 113.
CE credit for bodyworkers; see page 113.

Perry Holloman bio on page 24.
Johanna Holloman bio on page 24.

Soul Radiance Meditation and Self-Discovery Retreat
Sarah McLean

Reconnect with your spirit, awaken to your full potential, and renew yourself at the Soul Radiance Retreat with meditation teacher and author Sarah McLean. Sarah will guide you on an essential inner journey into self-discovery through meditative practices and awareness exercises to strengthen your soul connection. Beginners in meditation aren’t just welcome, they’re embraced at this retreat. Whether this is your first retreat or you’ve attended many, you can discover ancient, powerful meditation and mindfulness practices that can transform your life. The Soul Radiance Retreat will help you to discover:

• Deep meditation practices for insight, rejuvenation, and inspiration
• Self-inquiry and communication practices to help you listen deeply to yourself and others
• Exercises to discover your “soul-center” and connect deeply with the source of your creativity, wisdom, and spirituality—the ‘you’ beyond your thoughts and the roles you play
• Practices to connect with the natural magnificence of Esalen and Big Sur’s beauty and energy
• Ways to amplify your inner glow with the yoga of breath, meditation in motion, and mindfulness practices

Join Sarah for five days of discovering how shifting your awareness helps you to attune to your heart’s deepest desires, discover a wonderful world, and live the life you really want.

Sarah McLean bio on page 92.

Gestalt Relational Coaching
Gordon Wheeler & Mary Anne Will

The Gestalt model teaches us that we are intensely relational, creative, and meaning-making by our deepest nature. Since birth we’ve been actively creating relational patterns as our best possible solutions to complex social situations and challenges. Depending on our developmental support, these patterns may be in or out of awareness, flexible or inflexible, supportive of ongoing growth and learning, or locking us into unsatisfying repetition of old, out-of-date dynamics.

In Gestalt Relational Coaching, we bring awareness and support to examining these basic patterns, which shape and determine how we reach all our goals in our present lives. Which patterns are supporting us? Which are standing in our own way? Which are evolving and connective? Which are leaving us frustrated and isolated? Using exercises, dialogic support, and tailored experiments which we will cocreate during the workshop, we will take a fresh look at how we approach our relationships, ourselves, and our goals in living. Participants will gain coaching skills to help clients and others identify dysfunctional patterns, take them apart with support, and experiment with new ones that promise greater effectiveness and satisfaction in our work, relationships, and lives.

CE credit for psychologists; see page 113.
CE credit for nurses; see page 113.
CE credit for MFTs and LCSWs; see page 113.

Gordon Wheeler, bio on page 16.

Mary Anne Will combines her expertise as a Gestalt practitioner and a certified coach to offer Esalen Gestalt Coaching. She is the Workstudy Coordinator at Esalen.

A Time to Reflect
A Self-Directed Esalen Immersion

See full program description on page 15.

Esalen Farm to Table: Farmstead Traditions for the Contemporary Kitchen
Phillip Burrus & Anthony Giacobbe

“At Esalen, we’re blessed to be situated in a culinary paradise,” write Esalen chefs Phillip Burrus and Anthony Giacobbe. “Our on-site farm and garden produces a bounty of fruits and vegetables year round, and our local community is thick with culinary treasures in every season. In this course, we’ll explore a broad range of techniques—from the ancient to the modern—for making the most of local, seasonal produce. Participants will receive hands-on experience in the crafts of preserving, pickling, curing, sun drying, smoking, confit, fermentation, and more.

“Each day, the group will harvest fresh produce from the Esalen garden, and prepare amazing meals together. Phillip and Anthony will share experiences from their combined 16 years of teaching and cooking at Esalen, and draw from their travels and explorations of culinary traditions. Together, we’ll practice creative ways to transform simple ingredients into dishes that inspire and tell a story. This is a great week for cooks of all levels, and a must for anyone who’s ever wondered what to do with all of the abundance at the farmer’s market.”

($50 materials fee paid directly to the leader)

Phillip Burrus bio on page 70.

Anthony Giacobbe has been a chef in the Esalen kitchen for more than 7 years and has been cooking professionally for more than a decade. He teaches cooking one on one and in groups. His style is fresh and bright, with a focus on creativity and showcasing the ingredients.

Weekend of June 14–16

Fathers and Sons: Celebrating Father’s Day in the Tradition of the Old Ways
Steven Harper, Kes Harper & Kai Harper

It is a wise child that knows his own father.
—Homer

It is a wise father that knows his own child.
—William Shakespeare

Over the ages, fathers and sons have journeyed together into the wilds of nature, traveling light, living simply, and stepping together on the path of what is known and what is unknown as students and teachers for one another. This weekend is a time for fathers and sons to come together as individuals, family, and community to explore the natural wild areas of Big Sur and the relationship of father and son in a community of men.

“Our time together is simple,” says Steven. “Participants will be introduced to basic contemplative and awareness practices from various wisdom traditions. Our time outdoors during the weekend will be spent on a day hikes (four to six miles in length) into the rugged beauty of Big Sur and on the Esalen grounds. Much
of our time will be in silence, quiet dialog, and reflective exercises that invite participants to pay attention to that which has heart and meaning. During indoor sessions, we will share experience, stories of the path, and poems of inspiration...with a touch of creative humor to add balance."

Longtime Esalen leader Steven Harper and two sons, Kai and Kes, will lead the weekend. This father-and-son team, along with the group, will weave together an eclectic mix that draws from collective life experience and training. All levels of experience are welcome; however, the group is limited to participants fourteen years and older. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs.html.

($10 park-entrance fees paid directly to the leaders)

Steven Harper bio on page 69.

Kes Harper, age 18, is a Big Sur local, a graduate of Esalen's Gazebo School, and currently attends Carmel High School. He has spent his entire life training his father, Steven Harper, in the ways of innovative parenting and hiking.

Kai Harper, age 21, is a Big Sur local, a graduate of Esalen's Gazebo School, and currently attends UC Santa Barbara. He has spent his entire life training his father, Steven Harper, in the ways of innovative parenting and hiking.

Coming Home to Who You Are: Discovering Our Capacity for Love and Integrity

David Richo

During this workshop we’ll explore the commitments and life changes that can usher us into a new way of being alive—as cheerful agents of the goodness that is in us all. Our choices for integrity and loving-kindness reflect that goodness and help us co-create a world of justice, peace, and love. This is an owners’ guide to being an upright and loving human. In the Buddhist and many other spiritual traditions, our “right conduct” is a primary pathway to happiness and enlightened living. In psychological terms, it can lead us to fearless love, freedom from ego-centeredness, and contentment with ourselves and our predicaments. Most of all, we find the joy of living our lives and enjoying our relationships at a heart level, no matter how others act toward us. This workshop is based on David Richo’s book, Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion.

Recommended reading: Richo, Coming Home to Who You Are.

CE credit for MFTs and LCSWs; see page 113.

David Richo is a psychotherapist in Santa Barbara and San Francisco. Dr. Richo is the author of How To Be An Adult In Relationships, The Five Things We Cannot Change And The Happiness We Find By Embracing Them, and others (Shambhala/Random House).

Diving Deep—Poetry’s Sacred Medicine

Kim Rosen

What happens when you merge the power of the word with the language of the soul? Mystics, poets, and shamans have always known that in the rhythms and sounds of the soul’s language, the mind bursts open and all levels of being come into alignment. Prayers, poems, and sacred writings speak to the mystery, the silence, the unnamable joys and sorrows of the inner life. When you take them deeply into yourself and speak them aloud, you cause shifts in your feelings, your thoughts, and your biochemistry that open consciousness, aligning you with what matters most. You are giving voice not only to the words, but to your own soul. In an alchemy of mystical poems, prayers, and music, each person’s authentic voice will emerge through writing, listening, chanting, movement, breathwork sessions, self-inquiry, and speaking sacred words aloud.

Kim Rosen, MFA, is the author of Saved by a Poem and co-creator of four CDs of spoken poetry and music. Combining her devotion to poetry with her background as a spiritual teacher and therapist, she gives “Poetry Concerts,” lectures, and workshops internationally. www.kimrosen.net.
Thriving in Mother-Daughter Relationships

Renée Schultz

“Mothering a daughter is often among the most intensely satisfying and challenging experiences of a woman’s life,” write Renée Schultz. “We yearn for support for ourselves as mothers and for wisdom in nurturing our daughters into healthy women while sustaining close and loving relationships with them. Yet many of us fear that the wonderful ease and joy of our relationships with our daughters will unravel during adolescence. We know that mothers are held to impossibly high standards and yet we worry that we might not be measuring up. Honoring the hard work of mothering while simultaneously caring for our daughters and ourselves guides us towards mutual thriving. Come join other women in celebrating the joys and addressing the challenges of being the mother of a daughter and a daughter yourself. Discover ways that you can have ongoing support for both you and your daughter. And have fun celebrating the wonderful world of women, as both mothers and daughters ourselves. This workshop is for mothers of daughters only.


CE credit for MFTs and LCSWs; see page 113.

Renée Schultz is co-founder of The Mother-Daughter Project, international speaker, and marriage and family therapist with a specialty in sex therapy. She coauthored The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds, and Thrive Through Adolescence.

Urban Mystery School: The Art of Ritual

Suzanne Sterling

Each of us has the ability to be a visionary, powerful agent for change. It is our birthright to live deep, soulful lives that are a full expression of our wildest and most sublime creative impulses. But how can we do this in a world that values control and power and rewards the rational above all else? Ritual is a transformative tool that asks us to become our own authority and to create moments of beauty and power. Through ritual we can declare who we are, what we want, and how we are willing to serve. Ritual is an act of courage, hope, and artistry.

Modern, co-creative ritual can bring new wisdom back into our busy daily lives in meaningful, deeply felt, and healing ways. As we meet the present with knowledge and imagination, we can create a future beyond our greatest dreams.

During the workshop you will be shown practical and powerful ritual skills, including grounding and centering, creating a sacred container, and catalyzing transformational experiences that can be incorporated into your daily practice, enhance your teaching, and help build community. Join Suzanne Sterling in creating a weekend of ritual and a juicy fusion of flow yoga, meditation, singing, movement, and prayer.

Suzanne Sterling is an ecstatic vocalist, innovative teacher, and sacred composer whose music has been commissioned for film and theater. Her work as a ritual designer has been incorporated into curriculums and trainings nationwide, and as a co-founder of Off the Mat, Into the World®, she trains activist-leaders worldwide.

www.suzannesterling.com

The Secret Narrative: The Stories We Tell through Our Bodies

Michael Clemmens & Patrice Hamilton

Your body is a tremendous resource. It has been present for every experience and stores the memories of these events. Our physical presence, posture, and gestures and our tone of voice and speech patterns all relay a message. We “tell” others how to be with us and how to treat us by this presence—our embodiment. What story does your body tell the world about who you are, your experience of the world, and how you expect to be treated? Habitual beliefs and behaviors formed early in life lead to habitual ways of responding that limit life experience. How have your childhood, your primary relationships, and the culture and environment you grew up in informed who you are today?

Learning the language of your body opens a doorway into clarifying the connection between body, mind, and spirit, and can assist in increasing self-awareness, uncovering “the issues that are in the tissues,” letting go of beliefs that no longer serve you, and creating a different reality. Join us as we explore our earliest movements and learn within the safe context of the group that which we learned in relationship to our families and culture. Through mindfulness, movement, and contact with others, we can learn to move beyond limiting ways of responding we learned as a child. Literally rewiring our nervous systems, we allow more functional movement patterns and more nourishing relationships to develop.

Michael Craig Clemmens bio on page 48.

Patrice Hamilton bio on page 15.

Therapeutic Aspects of Esalen® Massage

Char Pias & Robin Fann-Costanzo

This course is designed to provide students with knowledge of the therapeutic benefits of an Esalen® Massage, emphasizing clarity of intent, proper draping techniques, and body mechanics. Through brief lectures, demonstrations, and hands-on supervision, students will practice and learn about the positive effects and benefits of specific massage strokes and their application to particular regions of the body. Come prepared to explore massage, enjoy the healing waters of the natural hot springs, and the magical beauty of the Esalen grounds.

CE credit for bodyworkers; see page 113.

Char Pias bio on page 17.

Robin Fann-Costanzo has a lifelong background in dance and movement. An Esalen® Massage practitioner, CranioSacral practitioner, and certified yoga instructor, she has taught and assisted Esalen® Massage trainings, yoga retreats, and Upledger Institute trainings.
Week of June 16–21, 2013
Saul David Raye, Janet Stone, Sianna C. Sherman & Laura Amazzone

Since ancient times, solstices and equinoxes have been essential and sacred points in the year to honor the flow of life on earth. They are times for us to come back into balance and harmony, and right now it is more important than ever to come together to amplify the positive, healing energies. Now is the time to reconnect to the light within ourselves. This light is the essence of our being, and each one of us can share that light with the world.

As the Earth moves through its cycles of darkness into light and back again, our souls move through a parallel journey. When the Sun rises to the highest point in the sky, we can be reminded of our own radiance, strength, and power to ascend to our fullest potential. During this week of yoga, we’ll embark on a journey from darkness to light, contraction to expansion, and discover ways to access the light that is already emanating from us and bring it more fully into the world. This festival is a rare opportunity to study with innovative yoga teachers from various traditions in an intimate environment where your deepest being can be nourished on every level.

Immersed in the natural splendor of Esalen, we will experience yoga asana, pranayama, kirtan, meditation, dance, and satsang. The festival begins on Sunday evening with an opening gathering for everyone to come together in community to set our collective intention for the week. Each morning will be open for rest, meditative walks around the grounds, a sunrise yoga class, or time in the Esalen baths. After breakfast, there will be offerings of asana classes from Janet Stone, Saul David Raye, and Sianna Sherman, including one “workshop” each day that explores the different ways we can support our practice of living yoga. Live music will be offered every day in the Leonard Pavilion, inviting us to step deeper into the soul’s awakening rhythm. After a nourishing lunch, we’ll be free to receive massages, soak in the baths overlooking the Pacific, rest, recharge, and connect with other companions on this journey. Renowned tantric teacher Laura Amazzone will offer late afternoon meditation and satsang gatherings that bring the ancient practices of tantra into our modern lives. Other afternoon sessions will include partner Thai yoga, restorative practice, and in-depth emotional awareness and meditation. Evenings will include kirtan, rituals, and the final evening will be a celebration and a reflection of our week together.

This retreat will be full and spirited. Come begin the journey and let your light lead the way! Please bring a yoga mat.

Saul David Raye is an internationally acclaimed teacher, healer, and mystic known for his empowering and transformational approach to yoga, healing, and spirituality. Saul’s teaching draws on the depth of the yoga tradition and all forms of universal light, love, and wisdom. Since his teenage years, he has traveled to Asia, India, and throughout the US studying yoga, Thai massage, pranic healing, and meditation with masters of various spiritual and healing traditions. Through the grace of his teachers and guides, he is able to bring alive the essence of ancient wisdom teachings for modern seekers, in a way that allows students to connect deeply with their own authentic power and spirit. www.SaulDavidRaye.com

Janet Stone traveled to India in 1996, to the birthplace of her grandfather, where she met a powerful yogi and became dedicated to a conscious evolution through yoga. As one of San Francisco’s premiere yoga instructors, Janet blends a wealth of knowledge and yoga experience to create a unique, vigorous-yet-sumptuous approach to Vinyasa yoga that effortlessly melds awareness with movement and breath. She currently follows the teachings of her two young daughters, India and Lilianna, who shed the light on all things profound and wondrous. www.janetstoneyoga.com

Sianna C. Sherman is an internationally recognized Anusara yoga teacher who delights in storytelling, poetry, spontaneous dance, and long walks in nature. She has a special appreciation for the mythological roots of yoga and often teaches workshops called Mythic Yoga Flow, which are infused with Anusara yoga, stories, and music. She began her studies of yoga in 1989, lived in India where she met and studied with Gurumayi Chidvilasanda, and subsequently had the great blessing of meeting her primary mentor John Friend in 1995. She studies closely with renowned Tantric scholars Douglas Brooks and Paul Muller Ortega. www.openograce.com

Laura Amazzone is a yogini, author, teacher, and jewelry artist who teaches classes and workshops in California and beyond. She is the author of Goddess Durga and Sacred Female Power, and adjunct faculty in the Yoga Philosophy program at Loyola Marymount University in Los Angeles. She completed a master’s degree at California Institute of Integral Studies in philosophy and religion, with an emphasis on women’s spirituality. She has published numerous articles discussing myth, ritual, adornment, and the symbolism and relevance of South Asian goddesses. Laura has been initiated into the Shakta Tantra, Sri Vidya, and Kashmir Shaivite traditions.

www.SaulDavidRaye.com

www.janetstoneyoga.com

www.openograce.com

www.SaulDavidRaye.com
Weekend of June 21–23

Changes and Transitions in Your 30s and 40s: How to Stay True to Yourself
Phillip Moffitt

Your 30s and 40s are a transitional time in life. For most people, these decades are a time to make unique choices about how you want your life to be, and to find and step into your power. Yet these years can be fraught with questions, concerns, and fears. How do I know what will make me happy? What is meaningful? How can I be more authentic? Who am I, anyway...and how do I make big decisions? This workshop offers tools, practices, and principles that can help you answer these questions.

The program will explore topics including intimacy, self-esteem, fulfillment in work, money, doubts and insecurities, and life balance. Each day there will be teachings, small group discussions, personal inquiry, and participatory exercises. You’ll have the opportunity to assess the issues in your life, develop options, and create a plan for making decisions. Each day there will also be some form of movement practice and a meditation experience. The workshop will emphasize making wise choices through clarification of your values. Additionally, there will be written assignments to allow you to get clearer on where you are presently in life and also create a vision for yourself. This retreat will specifically focus on looking within versus dwelling on external circumstances. Expect a weekend of self-exploration, self-inquiry, and ultimately, self-knowing for people in their 30s and 40s.


Phillip Moffitt, former CEO and editor-in-chief of Esquire magazine, is the founder and president of the Life Balance Institute. He is also co-guiding teacher of Spirit Rock Meditation Center. Phillip is the author of two books: Emotional Chaos to Clarity and Dancing with Life. www.lifebalance.org and www.dharmawisdom.org.

Getting Unblocked
Ann Weiser Cornell

Do you sabotage yourself? Is there something you really need to get done but you just don’t do it? Are there parts of your life that stay stuck no matter how hard you try? Do you have to force yourself to do what you need to do—and even that doesn’t work?

Inspired by what she learned while releasing her own writer’s block, Ann Weiser Cornell created a step-by-step program to help you get unblocked and find your forward-flowing action. It’s based on Inner Relationship Focusing, a body-based method for listening deeply to yourself.

Learn how to create a climate of acceptance and welcome within, so that you can hear your blocking and pushing parts without getting caught up in the struggle. Discover the myths and patterns of action blocks and why the harder you try, the less you get done.

In a safe and supportive atmosphere that respects your inner sense of rightness, you start with a blocked life issue of your choice and follow it through a series of exercises to release what’s been holding the block in place. You can take home skills to use over and over whenever life gets stuck. Helping professionals can learn powerful tools for working with clients.

CE credit for MFTs and LCSWs; see page 113.

Ann Weiser Cornell is the bestselling author of The Power of Focusing and The Radical Acceptance of Everything. She teaches her popular workshops in Inner Relationship Focusing and Getting Unblocked internationally, both in person and by telephone bridge line.

The Conscious Couples Recovery Workshop
Beverly Berg

If you and your partner have battled with—and survived—addiction and made your way into recovery, this workshop is for you. The newly and long-term recovering couple struggles with very specific difficulties that disrupt safety, love, and connection. This workshop offers action-oriented solutions in a safe and private atmosphere. Public exposure is not required for the solutions to work. Partners explore how their partnership functions, and recovers, through eight differ-
ent domains: trust, communication, assumption, dealing with resentment/anger/irritation, more/better/different sex, giving your partner amnesty and absolution, gratitude, and creating a renewed partnership vow contract. This workshop also offers an experiential journey designed to increase self-understanding, partner understanding, and renewed intimacy between partners. You will be taught simple gestures that create ongoing and predictable connection. From this, the recovering couple becomes sustainable and joyful in its present and future.

Beverly Berg, MFT, PhD, has been active in the field of recovery since 1982. Dr. Berg’s work is founded on the integration of psychological, emotional, physical, and spiritual well-being, and specializes in somatic psychology, which focuses on the complex relationship between mind and body. www.consciouscouplesrecovery.com

Journey into the Secret Garden: Writing from Dreams and Intuitive Inspiration

Debra Moffitt

This workshop opens the gate to a place where you can cultivate and nurture creativity for inspired writing. The secret garden represents a safe place to create, explore, find refuge, heal your heart, and grow as a writer and an individual. When we unlock the gate and begin to write from this sacred place of the soul, our words have more power and meaning, and we connect deeply with emotions and the world. Writing becomes heartfelt self-expression and a way to give voice to desires and visions.

This experiential workshop invites you to renew your creative energies and delve deep into your intuitive insight for inspiration. Visualizing the inner garden reveals the yearnings in the writer’s heart, exactly where the pests and obstacles lurk, and what wants to grow. Learn to use dreams and symbols to access the imagination and enrich your writing. Other secret garden tools include meditation to nurture creativity, drawing and collage, and plenty of writing. Other secret garden exercises include exploring and expanding breathing capacities, focusing on muscular toning, cultivating the more intricate and subtle attitudinal notions to be cultivated as the soul of elders. Participants will see methods for how to develop a daily regimen of exercises that might be used by elders designed for their own bodily capacities. These methods might be used for teachers working with elders in an individual or group setting. Attention will also be given to attitudinal notions to be cultivated as the soul of these exercises. The workshop includes strategies for:

- Cultivating the more intricate and subtle explorations of movement in the joints
- Focusing on muscular toning
- Exploring and expanding breathing capacities
- Refining senses of balance
- Doing this work with an emphasis on pleasure, inquiry, and creativity, rather than effort and obligation


Debra Moffitt is the award-winning author of Awake in the World: 108 Practices to Live a Divinely Inspired Life and Garden of Bliss: Cultivating the Inner Landscape for Self-Discovery. Her workshops use spiritual practices to inspire creativity. www.debramoffitt.com and www.awakeintheworld.com

Cultivating the Elder Body of Wisdom

Don H. Johnson

With the use of experiential exercises, theoretical material, and group discussion, this workshop will explore unique approaches to body cultivation that are possible for elders in ways that are not available in earlier years of life. The leader will demonstrate specific strategies of movement, body awareness, breathing awareness, and balance exercises, with emphasis on how they are contextualized within the advanced experience and subtle intelligence of elders. Participants will see methods for how to develop a daily regimen of exercises that might be used by elders designed for their own bodily capacities. These methods might be used for teachers working with elders in an individual or group setting. Attention will also be given to attitudinal notions to be cultivated as the soul of these exercises. The workshop includes strategies for:

- Cultivating the more intricate and subtle explorations of movement in the joints
- Focusing on muscular toning
- Exploring and expanding breathing capacities
- Refining senses of balance
- Doing this work with an emphasis on pleasure, inquiry, and creativity, rather than effort and obligation

Recommended reading: Johnson, Everyday Hopes, Utopian Dreams.

Don Hanlon Johnson is a professor at CIIS in San Francisco and the founder of the first graduate degree program in Somatics. He is the author of a body of literature on the intersections among bodily experience, the natural world, spirituality, social justice, and health. www.donhanlonjohnson.com

Summer Solstice Tribal Journey and SpiritDance Retreat

Ellen Watson & Rudy Tihikpas Proctor

Join Tihikpas and Ellen on the longest day of the year to welcome and celebrate summertime on the sacred land of Esalen.

We will embody the sacred teachings of antiquity brought uniquely together through the framework of tribal ceremony and SpiritDance meditation. Our tribe is not one of bloodlines or lineage; we ask that people of all tribes, beliefs, and color take part in this journey of the mind, body, soul, and spirit. Let’s all dance, sweat, sing, pray, meditate, and relax together as one global tribe.

Tihikpas and Ellen, both elders, have spent their journeys studying diverse spiritual traditions and praying with native peoples around the world. They will guide the group in dance, song, prayer, sweat lodge (optional and weather permitting), ritual, and ceremony. We’ll gather herbs, roots, and flowers for an herbal bath at the Esalen hot springs and exfoliate our skin with sea salt—to detox and cleanse before stepping into summertime. From sunrise to sunset, join us to celebrating summer’s solstice. To learn more about SpiritDance, visit www.MovingVents.org.

Recommended reading: Steindl-Rast, Gratefulness, The Heart of Prayer and The Listening Heart.

Ellen Watson bio on page 65.

Tigaro Tihikpas “He who flirts with all life.” A tribal elder formally educated in Europe and fluent
in several languages, Tihkpas has facilitated sweat lodges at Esalen and across Europe. His theological background includes Native American, Judaism, Christianity, Gnosticism, Buddhism, and mystic traditions.

**Garden Herbalism**

**Darren Huckle**

For thousands of years, people have been harvesting herbal medicines from their home gardens for basic family needs. Become part of this evolving tradition using the Esalen garden and wild lands as a classroom. This is a dynamic and hands-on introduction to the art and practical application of garden herbalism. We will spend over half of our time outdoors, where we’ll harvest common herbs and discuss their uses and cultivation. We will then bring the herbs back to the classroom and learn how to make effective teas, tinctures, and oils for commonly encountered health challenges including stress, sleeplessness, indigestion, and minor wounds.

By effectively preparing and using herbs, we inspire and empower the healer within. This work rejuvenates the senses and steeps us in the wonder of nature’s healing powers. Participants will leave with an abundance of practical and easily implemented information, and a sampling of herb plants to transplant at home. Please bring sun hat, a 16 or 32 oz jar with lid for making garden teas, comfortable shoes for walking, and a notebook.


**Darren Huckle, LAc,**

has a private practice as an herbalist and acupuncturist in Santa Cruz, Calif. He teaches holistic health modalities including herbal medicine, nutrition, acupuncture, and qi gong at Five Branches University and University of California, Santa Cruz. www.Rootsofwellness.net.

**Week of June 23–28**

**More Than a Communication Workshop**

**Jean Morrison & Martine Amita Algier**

Nonviolent Communication (NVC) has been described as a personal practice for clarifying and living one’s values, a guide for interpersonal communication, an effective process for conflict resolution, a powerful tool for social change, and a language of compassion for any life situation. Deepak Chopra has called this process “the missing link.” In a fun, lively, collaborative, and supportive environment, we integrate practices that support individuals to change the way they communicate and relate to themselves and each other. Learning NVC helps liberate us from:

- Judging self and others
- Taking things personally
- Acting from fear, duty, obligation, and guilt
- Suffering in anger and depression

Learning NVC supports us in:

- Expressing ourselves honestly without blame, shame, or criticism
- Hearing others’ pain without trying to fix them
- Creating new strategies that meet core needs
- Becoming more effective at everything we do, including creating peace in the world

NVC was developed by Dr. Marshall Rosenberg over a period of thirty years. It has been taught to individuals and organizations in more than thirty-eight countries. Martine Amita Algier, Jean Morrison, and 200 certified trainers around the world teach NVC in their communities, schools, prisons, corporations, non-profit organizations, war-torn regions, and health care and government institutions.

($15 materials fee paid directly to the leaders)

CE credit for CNVC trainers; see page 113.

CE credit for nurses; see page 113.

CE credit for MFTs and LCSWs; see page 113.

**Creativity and the Magic of Intuition: The Point Zero Painting Process**

**Michele Cassou with Cherie Ray & Guinn Alderson**

For many of us, it is difficult to simply let go and create. Programmed to fear being judged, we set narrow boundaries on our creativity. The “dragons” of product, meaning, and control limit our choices of subjects, colors, and forms. However, once we find Point Zero, the ground from which creation springs, we can push these fears aside and recapture the magic of spontaneous creation. This work offers practical ways to dissolve creative blocks and find inspiration so that, in a state of infinite possibility, art becomes not a means to an end but a place we inhabit, a place to explore our true selves and the mystery of our lives. Michele Cassou has created an original approach to painting as a tool for self-discovery and spiritual exploration, guiding students for more than twenty years. This workshop is five days of painting, support, stimulation, free play, and self-realization for artists, and even in the military, qigong consistently emerges as the self-healing tool of choice. Why?

Research shows gentle tai chi-like movements, self-massage, breath practice, and meditative mindfulness have a consistently measurable effect on the nervous system, brain, and body when practiced consistently. Whether you seek healing, empowerment, maximum personal performance, inner peace, or perhaps an experience that can only be referred to as oneness, you will find qigong is easy to practice and remember.

Drawing on many years of experience and synthesis across disciplines, Roger Jahnke guides you in exploring the insights of the ancient qì masters, discovering the original meaning of tai chi, and demonstrating your inner power and natural qi abilities that awaken when you practice the Nine Phases Method of qi cultivation and mastery featured in his book, *The Healing Promise of Qi.* Jahnke imparts his knowledge of Chinese medical theory, the philosophies of the Taoists, Buddhists, martial artists, and ancient alchemists, and makes enlightening comparisons with Western physiology and quantum physics. You will explore simple methods of transmitting qi to others as well.

Recommended reading: Jahnke, *The Healing Promise of Qi.*

CE credit for nurses; see page 113.

CE credit for bodyworkers; see page 113.

CE credit Pending for acupuncturists; see page 113.

Roger Jahnke bio on page 34.

**Inner Power Qigong: The Healing Promise of Qi for Health, Joy and Spiritual Alchemy**

**Roger Jahnke**

Chinese yoga, known as qigong (or chi kung), changes lives. In many people’s lives and in hospitals, spas, retreat centers, corporations,
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

and seekers of all stripes, educators, counselors, meditators—anyone with a thirst to revitalize the creative juices. No experience is necessary, just the desire to unleash your spontaneous self-expression. Please bring an apron.

For more information visit www.michelecassou.com.

Recommended reading, viewing, and listening:

($50 materials fee paid directly to the leader)

Michele Cassou, artist and teacher, developed the Point Zero Painting Method, using painting for self-discovery and for exploring the spiritual dimensions of the creative process. She teaches across the US and Europe, at Zen centers and other venues.

Weekend of June 28–30

Rediscovering Your Self in the Second Half of Life: For Women

Karen Ely

Our truest life is when we are in our dreams awake. —Henry David Thoreau

Karen Ely believes that in today’s hectic, time-starved world it is even more important to find time for renewal, time to step back and assess where we’ve come from and who we are after a lifetime of being everything to everybody. “We must find a space to dream,” she writes. “A space to let go of all the wouldas, shouldas, and couldas in order to make room for a new way of being, one that’s firmly based in our authentic selves, one filled with joy and passion.” Daring to Dream: Reflections on the Year I Found Myself is Karen’s personal story of rebirth following the end of her thirty-two-year marriage. It chronicles coming to grips with a life that she could no longer live, and walking toward a self that she no longer knew. Throughout the workshop, Karen will share her personal story and the tools that supported her on a magical journey back to herself.

Through large and small group exercises, quiet, music, joyful playing, and journaling, participants will be taken on a quiet journey back to themselves, and given the opportunity to leave with a passion and plan for the rest of their lives.

Karen Ely founded and directs A Woman’s Way, a women’s retreat and workshop program in Sedona, Ariz. She is a facilitator and the author of Daring to Dream: Reflections on the Year I Found Myself, A Retreat of My Own, and Breathing Space: Mini-retreats for the Heart and Soul. www.awomansway.com

The Promise: Advanced Yoga for Everyone

Mark Whitwell

Yoga is not a linear process. It is direct intimacy with life, and it is available to everyone. This weekend, Mark Whitwell offers yoga’s advanced practices in a way that you can integrate and make your own, whether you are just begin-
ning to practice or have years of experience. The weekend involves an interwoven promise: You promise to practice yoga, and in return you receive the promise of yoga’s gifts, including health, intimacy, well-being, and joy. In order to experience these benefits, your yoga practice must be adapted to you, not you to yoga. With Mark’s skillful and heartfelt guidance, you will:

- Explore the five principles of advanced personal practice
- Dive into asana, pranayama, and meditation as a seamless process
- Discover how yoga transforms life into an intimate celebration with everything
- Experience the nurturing principle as a constant in your life from now on
- Return home with understanding and the embodied felt sense of your own joyful practice

This program is a regenerative and joyful event that will continue to reverberate through your daily life in very practical ways. For all levels; no prior yoga experience needed. Please bring a yoga mat.

Recommended reading: Whitwell, Yoga of Heart and The Promise; Desikachar, The Heart of Yoga.

Mark Whitwell has enjoyed a lifelong relationship with the teachings of Krishnamacharya through his students T.K.V. Desikachar and Srivatsa Ramaswami. He travels the world teaching yoga and is the author of Yoga of Heart: The Healing Power of Intimate Connection and The Promise of Love, Sex and Intimacy.

Claiming Your Voice

Meredith Haberfeld

Some of the greatest leaps in personal development come when we stop believing that others have more access to deep wisdom than we do, have superior opinions to ours, or hold sway over us—when we finally know at the end of the day that we can trust ourselves.

This workshop will address many aspects of claiming your voice—in writing, in vocal work, and, most importantly, in daily life through the choices you make in it. The program will help you gain access to your many inner voices as well as different aspects of your character, many of which you suppress and ignore, but which can each provide important insights and wisdom in your everyday life. Finally you can get comfortable in your own skin.

You will deepen the ability to hear yourself—and all that there is to hear. What does your body say about how you feel right now? What do your emotions have to tell you? What feelings and messages have you been resisting?

This workshop will teach you to allow them to surface so you can come deeper into your own power.

The days of being guided by pleasing others and trying to fix yourself are over. This program is for anyone of any age ready to sink into the experience of being and trusting yourself.

Meredith Haberfeld is acclaimed for her work with individuals, couples, and families. She partici-
The desire to write rises from the urge to say something. In this workshop, we’ll go where the heat is and trust that impulse, locating and exploring the stories you most urgently have to tell. Your story may be fictional or factual, autobiographical or fantastical. It may be tragic, hilarious, bizarre, contemplative, or all of the above. It may be an essay, a short story, a prose poem, a letter, a manifesto, a series of vignettes, or a section of a longer work. We’ll experiment with form in various writing exercises, but our focus will be on how to most effectively tap into the stories that you most urgently want to get onto the page. We’ll talk craft and we’ll also delve into the less definable elements of successful prose writing—things like the role of intuition, obsession, disclosure, emotional risk-taking, humor, and the inter-weaving of seemingly unrelated elements. We’ll write together, read out loud to each other, and discuss the art of written storytelling in a nurturing environment that’s flexible enough to engage and challenge writers of all levels—from the novice to the advanced.


Steve Almond is the author of ten books of fiction and non-fiction, three of which he published himself. His work has appeared in Best American Short Stories, Best American Erotica, Tin House, McSweeney’s, The Rumpus, The Sun, and elsewhere. He lives near Boston. www.stevealmondjoy.com

Quarter-Life Calling: Creating an Extraordinary Life in Your 20s

Coby Kozlowski

Your twenties can be a time of possibility, inspiration, and the discovery of your deepest values and truths. This decade can also be a time of challenge and doubt as you begin creating the kind of life your soul is calling for.

This workshop is designed for young adults aged twenty to twenty-nine who are interested in cultivating an authentic life. Surrounded by a community of peers and guided by an expert facilitator, you can embark on a journey to the heart of your spiritual quest for meaning and purpose. Through experiential exercises, lecture, powerful coaching, expressive arts, group sharing, yoga (asana and philosophy), and meditation, you can connect with your personal calling, find strength amidst doubt, and find comfort in the unknown. You will also be shown how to explore yoga and meditation as tools for personal empowerment, how to discover paths to authenticity and accountability, and how to tap into your inner leader.

You will be supported in the process of tuning into your inherent wisdom and making decisions from that place. You can go home with the tools and strength to create an extraordinary life. Please bring a yoga mat.

Coby Kozlowski, MA, E-RYT, is a life coach, expressive-arts therapist, inspirational speaker, yoga teacher, and an expert in transformative leadership. She is the founder of Simple Rhythm Coaching, creator of the yoga DVD Water, and author of the forthcoming book Quarter Life Calling. www.cobyk.com

5Rhythms®: Connections

Lucia Horan

Invisible threads are the strongest ties. —FRIEDRICH NIETZSCHE

What are the invisible threads that connect you in this life? How can we use the path of the 5Rhythms movement practice to help us explore the connections we want most? By fostering the intimate union of breath and movement, we follow a path that leads us out of isolation and into connection.

Gabrielle Roth’s map of the 5Rhythms includes Flowing, Staccato, Chaos, Lyrical, and Stillness. In this workshop, we will focus on the Staccato nature of our being. This is a place where heart-beat, rhythm, and action meet. As we use our bodies to practice the embodiment of clarity, we can learn to be radically responsible for creating what we want most. The masculine builds a bridge for our feminine nature to dance across in liberation.

The life-blood of Staccato builds walls to protect, but also knows when to knock them down. As we empower ourselves to wake from the illusion of separateness, we recognize that we are all connected in the web of life.

Connections invites you to use the 5Rhythms movement practice to cultivate relationships in all forms. At times these mysterious threads need to be tended to, cut, or reinforced. Staccato brings the wisdom we need as we navigate this terrain.

No experience is necessary. All workshop hours contribute to the 5Rhythms teacher training prerequisites.

For more information about Lucia and 5Rhythms, visit www.luciahoran.com.

CE credit for bodyworkers; see page 113.

Lucia Rose Horan bio on page 61.
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The Work Study program is a twenty-eight day immersion in Esalen’s integrative approach to personal and social development. The program combines a rigorous course of study in one area of transformative practice with the opportunity for deep relationship with the Esalen land and community. Work Study is a rich and challenging way to embody the idea that mental, physical, emotional, spiritual, and social dimensions of the self are inextricably connected. Please see the following pages for descriptions of Work Study courses.

At the heart of the Work Study experience are the evening sessions. During these meetings, which occur four to five evenings per week, workscholars in each discipline meet together for core studies. The group leader or leaders for each discipline are highly experienced teachers who coordinate the course of study and guide scholars throughout the month. As a complement to their studies, workscholars participate in Esalen’s daily operations by volunteering 32 hours per week, usually in the housekeeping department or the kitchen, in exchange for their housing and meal costs. Contemplative and transformative practices are woven into the work environment at Esalen, so each day there are valuable opportunities for self and group exploration, including group process and check-in.

The Legacy Program is a second type of twenty-eight day work study experience at Esalen. With class sessions meeting just twice a week, with one intensive day of classes during the month, Legacy workscholars have more flexibility in their schedules to attend residential education classes (regularly occurring learning events designed for Esalen staff) and daily movement arts programs. Legacy programs are usually a mix of workscholars and Esalen staff. Legacy workscholars also volunteer 32 hours per week with an Esalen department, and the tuition for Legacy is the same as the traditional Work Study program.

Workscholars are selected by application only. After applications have been accepted, participants may register for the program. Some of the work can be physically challenging, including lifting, bending, and repetitive movements. Please be sure you are capable of the work you may be assigned. Workscholars are assigned to departments on the basis of community need, so please be ready to jump in anywhere.

The Work Study application is on page 109.

Please note: The Work Study program is designed to explore and apply human values and potentials. It is not intended as a substitute for therapy or as a “cure.” Esalen encourages workscholars to refrain from alcohol use during their stay. No pets, drugs, or violence allowed. We cannot accommodate children.

Commitment to the Work Study program is from 4 pm of the first Sunday to 7:30 pm of the final Sunday. Do not plan to take regularly scheduled catalog workshops during your stay.

Fees: A deposit of $400 in US currency is required with your application. Fees will not be processed until your place in a program is secured and you have accepted. The workscholar fee is $1,150 for the month. Fees are subject to change and are due upon your arrival. Workscholars may be invited to remain for a second month depending on space and community needs. Occasionally it is possible to stay for a longer period as an extended student.

Food and Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room. Some workscholars stay at South Coast Center, a staff complex located 1.5 miles north of Esalen. Housing and meals are provided in exchange for 32 hours of volunteer work.

Cancellation Policy: If you choose to cancel, you will be charged the following amount:

- 15+ days prior to start, $100
- 8-14 days, $200
- 3-7 days, $300
- 0-2 days, $400

Please mail the application form, personal statement, and deposit to:

Work Study Program
Esalen Institute
55000 Hwy 1
Big Sur, CA 93920

or fax to:

Work Study Program
888-214-8216

We will contact you to confirm that we received your application within 14 days of receiving it. We will inform applicants of admission three months prior to the program’s start date. After that time, there are generally wait lists for Work Study programs.
Work Study Programs
January–June 2013

December 23–January 20

Healing with Humor:
Spinal Awareness

Patrick Douce will lead an in-depth experience of Spinal Awareness, a program of health and healing (with humor). Spinal Awareness is a way of learning that improves body awareness, flexibility, posture, and most chronic and acute conditions of the body. Taught with movement, touch, and group interaction, it is based on the work of Moshe Feldenkrais, Taoist-Chinese-Indonesian martial art, and the Esalen experience. It can be of special use to those in the health care professions.

Spinal Awareness emphasizes learning how to move in ways that stimulate your awareness and support the health of your own body. Lessons inspired by Indonesian Silat will also be used to stimulate the energy body, effecting internal health and increasing energy. Students will participate in floor exercises that organize and integrate the spinal column, and standing lessons that improve better balance and fluidity. The course will include safe and noninvasive hands-on lessons to greatly speed improvements. Fun partner lessons will be intermixed to help bring about not only freedom in the body but a return to the childlike energy essential to us all.

Carl Swanson and Nora Matten will study with healers in their native Brazil, where Spiritism—receiving healing knowledge from the spirit world—is very familiar. In 1979, she came to Esalen (where she spent seven years living on property) and was sponsored by Esalen cofounder Dick Price to learn Spiritual Massage from Brazilian healer Luiz Gasparetto.

Carla Bittencourt Sauer studied and continues to study with healers in her native Brazil, where Spiritualism—receiving healing knowledge from the spirit world—is very familiar. In 1979, she came to Esalen (where she spent seven years living on property) and was sponsored by Esalen cofounder Dick Price to learn Spiritual Massage from Brazilian healer Luiz Gasparetto.

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CE credit for bodyworkers; see page 113.
CE credit for nurses; see page 115.

Patrick Douce bio on page 21.

Legacy Program: Yoga as a Practice of Devotion and Surrender

The fruition of yoga is the state of connection with the deepest source of our consciousness, often described as a sacred and blissful union between the student and the Divine. In shorter yoga classes we are often preoccupied with the physical aspects of our practice as we try to achieve various physical yoga postures (asanas). For many students yoga can be reduced to a stretching and strengthening exercise. We may miss or forget that the true aim is to more fully experience and express our intrinsic goodness and beauty, our divine inner light.

This course, Carl Swanson and Nora Matten will guide students through an exploration of yogic practices as a way to open the heart, mind, and body in a spirit of bhakti, or devotion. Participants will learn how to bring awareness to the felt sense of each posture and move energy and consciousness through the body, rather than just assume yogic shapes. In addition to asana, we will practice pranayama (breathing techniques) and kirtan (devotional chanting). As we surrender ourselves into these practices, we further open our hearts to realizing our connection with the divine, and we can carry that awareness with us out of the yoga room into a richer more fulfilling experience of life. All levels of practice and experience are welcome. Please bring a yoga mat.

Carl Swanson a devoted student and practitioner of yoga for the last decade, has been teaching yoga at Esalen since 2004. His teaching is influenced by Anusara and Vinyasa Flow styles of hatha yoga, his love of kirtan, and his experience as an Esalen Massage practitioner and instructor.

Nora Matten bio on page 50.

January 20–February 17

Spiritual Massage: Lightbody Infusion

Spiritual Massage is a hands-on healing practice that works directly on the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages. Born into a family of healers with a generations-old tradition, Maria Lucia Bittencourt Sauer studied and continues to study with healers in her native Brazil, where Spiritism—receiving healing knowledge from the spirit world—is very familiar. In 1979, she came to Esalen (where she spent seven years living on property) and was sponsored by Esalen cofounder Dick Price to learn Spiritual Massage from Brazilian healer Luiz Gasparetto.

Maria Lucia emphasizes intentionality as the fundamental tool of any healing art designed to move energy. Come and practice this wonderful healing technique and also practice Shamanic Ways to help each other find parts of our souls lost in early traumas or other past events. Participants must attend all sessions.

For information on how to apply go to: www.esalen.org/workshops/workstudy.html.

CE credit for bodyworkers; see page 113.

Maria Lucia Bittencourt Sauer bio on page 34.

Legacy Program: Unleashing Your Artistic Vision

Art enables us to find ourselves and lose ourselves at the same time.

— Thomas Merton

Come find — and lose — yourself in artistic expression in a fun, accepting environment. Have you ever thought, “I’m not an artist,” but still yearned to be one? Christina Dauenhaeuer and Rachel Jaeger will help you tap into and nurture your inner artist in a safe, relaxed space. Together, we will explore various art forms, including painting, collage, photography, and writing to find a form of expression that best resonates with you. Inspiration for art is everywhere and we will search for our own personal, unique sources for our creativity throughout the month. The focus of these creative explorations will be the journey and play rather than the result. You will delve into and have the opportunity to expand your creative capacity and discover new insights about yourself. You will also have the chance to explore any blocks to creativity during open seat group process work. At the end of the program, we’ll celebrate our work together in an art show and performance.

The leaders welcome people of all levels of artistic expression to embark on this creative journey. Bring your digital camera or phones with cool/hip/nerdy camera applications (like hipstamatic) as you wish.

($45 basic materials fee to be paid directly to the leaders. Photos will be an additional fee, depending on requested size and quantity.)

Christina Dauenhaeuer is a landscape designer and manager of the Esalen grounds crew. She graduated from The Art Institute of Chicago in 1993, in sculpture, and founded her own design/build landscape company in Seattle. Her passion for design, rare plants, and found objects inspires her creative work.

Rachel Jaeger is a lawyer and workshop leader for social workers who protect children from abuse and neglect. She is passionate about applying balance and holistic healing in life and work.

February 17–March 17

Wordsmithing: Opening the Creative Channel

If your life was a song, what would that song be? If you told the story of your heart, what story would you tell? During this program led by Johnsmith, participants will focus on opening the creative heart and bringing forth what dwells there. “Through singing, songwriting, storytelling, poetry, and wordsmithing, we will bring the creative heart to life,” writes Johnsmith. “With a mindful and playful attitude, we will invite the stunning natural beauty of the Big Sur coast, its healing waters, and the spirit of Esalen to work its magic on us as we immerse...
ourselves into creative flow. Within the safe container of the group, everyone will be invited to delve into the deep work that only creative play allows.

“We will use improvisation, journaling, movement, meditation, solo and group singing, performance for ourselves and the Esalen community, and impromptu jams. Playing a musical instrument is not necessary, but you are welcome to bring one if you play. Guest artists will assist during the month.

**Johnsmith** bio on page 41.

**Legacy Program: The User’s Guide to the Human Body**

Occupy Your Body! It’s the closest friend you’ll ever have. The core goal of this program led by **Tom Myers** is to inhabit our body structures and functions in order to find coherence with our inner wisdom in these hyper-electronic times. Along the way, we’ll check in with ancient practices of voice, meditation, and movement. The main inquiry here is for manual therapists: to understand what’s under your hands, identify tissue conditions, move fascial planes (via the Anatomy Trains Myofascial Meridians), and occupy your ‘sensor-motor amnesia’ places. A core skill for participants is to learn to “bodyread” in the tradition of Ida Rolf, Moshe Feldenkrais, and Fritz Perls himself, to see into patterns including where are people locked and where can they “unwrap their presence.”

Training to see deeply into pattern can make your healing interventions — no matter what modality you practice — more focused, efficient, and long-lasting.

Come prepared to move, to see and be seen, and to learn safe and effective manual therapy skills.

**CE credit for bodyworkers; see page 113.**

**Tom Myers** bio on page 42.

**March 17-April 14**

**Relational Gestalt Process**

In order to develop a strong and flexible sense of self, we must engage in the ongoing process of developing our awareness and discovering our own personal truths. These truths may cause us pain before giving us a new freedom and expanding our world horizons. Turning toward our intellect and away from feeling can be a result of painful childhood experiences. When we choose to remain content with intellectual wisdom, we deceive ourselves and limit our possibilities.

While we cannot change the past, we can change ourselves and what we have come to believe about ourselves and our capacity for intimacy and belonging. This kind of inner transformation occurs in what philosopher Martin Buber called “I-Thou” relationships, through a process of personal dialogue that is shaped by mutual respect and validation.

Five weeks of Relational Gestalt Process with **Dorothy Charles** will provide participants a group setting in which to develop awareness and self-responsibility, as well as to create relationships that are supportive and enlivening. Gestalt theory, body awareness exercises, dyads, and group process will be part of this program.

**CE credit for MFTs and LCSWs; see page 113.**

**Dorothy Charles** bio on page 13.

**Legacy Program: Yoga for Optimal Living**

This month is all about practicing yoga as a path through which you can directly access the wisdom of life and awaken to your human potential by promoting and supporting your natural alignment and the knowledge of your body, breath, and mind. Develop a heightened sense of body-awareness and self-awareness that can deepen your practice on the yoga mat, and take those skills into your life off the mat. The regular practice of yoga naturally generates a healthy belief system based upon your direct experience of the world through a more flexible nervous system.

With emphasis on honoring the inherent wisdom in your body and awakening your natural intelligence through the mechanics of yoga, this program explores:

- **Asana** - the physical body. Using alignment instructions and the messages in your body as your guide to find your yoga. Develop your natural ability to listen, sense, and feel and to hold yourself in a nurturing way
- **Pranayama** - the action of proper breath. Deepen your ability to breathe in life, to expand and enliven the flow of life-force (prana)
- **Meditation** - the focus on the state of mind. Find that place of calm, centered balance, and stillness

**Jan Sinclair and Rob Wilks** welcome all levels of experience to join them in an exciting exploration of awakening and enlivening your life-force for optimal living and immersing yourselves more fully in all aspects of your life.

**Jan Sinclair** has been teaching yoga and meditation at Esalen 5 years. Jan’s work is influenced by Amara, Vinyasa and Yin yoga with emphasis on breath and finding your yoga through understanding and connecting with your body.

**Rob Wilks** bio on page 10.

**April 14-May 12**

**T’ai Chi**

**Kenn Chase** leads a month-long intensive exploration of the entire Yang-style T’ai Chi Ch’uan sequence. Students will study the fifty-four postures of this ancient movement meditation, with hours of practice and refinement. Kenn will integrate Feldenkrais® Awareness Through Movement exercises into the class, helping students to free the body for more efficient mastery of the T’ai Chi forms. Movement analysis and Functional Integration will also be part of the program, helping to relieve stress and pains arising from chronic misuse of posture.

**CE credit pending for acupuncturists; see page 115.**

**Kenn Chase** has taught t’ai chi for more than 40 years. His Integral Way Practice combines t’ai chi, The Feldenkrais Method®, chi gong, and meditation. He is a stress management consultant and maintains a private practice in the north San Francisco Bay Area.

**Legacy Program: Self Beyond Story**

Even though you no longer live in the primitive jungle of your ancestors, your nervous system still reacts as if you do. This causes the sympathetic nervous system to constantly react even to minor conflicts with a fight, flight, or freeze response that served you well then, but now only makes you stressed out and on alert to danger when you don’t need to be. Accessing your parasympathetic nervous system is the antidote to this unnecessary stress. This part of the nervous system is the normal resting state of your body, brain, and mind, and it produces feelings of relaxation and peace. Connecting to it helps you gain access to your true, unconditioned self. This program led by **Oliver Bailey** begins by questioning the ego stories that circulate through your mind. Then we’ll connect with the still, silent space where these stories exist. Using internal exercises and meditation practices to stop the fight, flight, or freeze response and quiet the mind, we’ll allow ourselves to connect to the deep stillness of the true self. With this awareness, we can begin to confront, loosen, and shift identification from egos stories to a deeper identification.

You will also be taught a forgiveness process that you can utilize to bring about peace and stillness in your everyday lives. Everyone can learn these simple but effective steps to release fear and emotional pain and connect with the
deep peace we all deserve. Take the time to be with your true self—the self beyond ego stories and personality. Energetic body work practices will also be used to show how the internal state affects the body.

**Oliver Bailey** bio on page 32.

### May 12–June 9

**Sharing Your Life Story**

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. During this program you can discover your own unique and powerful story. Michel de Montaigne, the great personal essayist, said, “Every man has within himself the entire human condition.” The intention of this workshop is for you to delve deep into your own personal narrative. Writing from your deepest source, you can gain insight and self-understanding that can bring peace and healing. We will then make our words leap from the page to the stage, sharing them orally to uncover the power of performance to transform your life and your listeners.

This is a program for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling.

Through improvisation, writing exercises, and group discussion, you will find your authentic voice, along with a way to express it. **Ann Randolph** creates a supportive, fun, and dynamic space in which to create. Topics include:

- Writing exercises to stimulate memory
- Learning to structure the narrative in a compelling way
- Transforming your ideas/stories into performance
- Discovering ways to create spontaneously
- Overcoming performance anxiety
- Tools to release yourself from the inner critic
- Playing with multiple characters and contradictions within ourselves

**Ann Randolph** bio on page 31.

**Legacy Program: Practicing Presence through Body Centered Awareness**

“The issues are in the tissues.” Habitual beliefs and behaviors formed early in life lead to habitual ways of responding that limit life experience. Our bodies are our greatest resource. They provide a direct path for exploring these unconscious beliefs and the emotions tied to them. By increasing awareness of our bodies, we connect with the here and now, where change and growth are possible.

This experiential class will blend the slow, developmental movement of Cortical Field Reeducation® with the mindfulness practices of Hakomi and Gestalt. **Patrice Hamilton** uses these awareness practices to assist individuals in reclaiming and integrating forgotten or denied aspects of self.

Working in a supportive group environment creates a container in which new ways of moving and being can be explored and expressed. Exploring with curiosity and compassion allows for release of physical restrictions and suppressed emotions. You will emerge feeling more grounded and comfortable in your body, with an increased capacity to remain present within yourself and with others.

26 hours of CE credit for bodyworkers; see page 115.  
**Patrice Hamilton** bio on page 15.

### June 9–July 7

**Embodied Relationship**

“We develop relationships with ourselves and others through the physicality of our vision, smell, touch, and movement,” says **Michael Clemmens**. “These relationships, or dances, shape what we believe is possible and how we behave in the present. In this program, our focus will be on the ways in which we create relationships through our bodies. By attending to our present dance with others, we can become more aware of our existing context and optional ways of interacting.

“The structure of the program will be experiential exercises, practice sessions, and group discussion to develop our awareness of self and the group. We will begin with our earliest movements (prior to birth) and then explore how we co-create our bodily membership in the more complex gestalts of family, groups, and cultures. Our goals will be to experience how we create relationships through embodiment, and to develop skills in attending to ourselves and others.”

**CE credit for MFTs and LCSWs; see page 115.**  
**Michael Craig Clemmens** bio on page 48.

**Legacy Program: Spoken Word: Your Voice, Your Body, Your Truth**

Experience the electrifying and liberating art of spoken word (sometimes called slam or performance poetry)—an art form in which powerful personal healing meets excellent literary craft. During this program, you’ll write about your desires, your struggles, your identity, your politics, about what angers you and what makes you dance with joy. **Berklee College of Music Professor Caroline Harvey** will help you communicate out loud with passion and fearlessness. We’ll cover the basics of the performing writer’s trade: accessing authentic voice, the myth of “writer’s block,” public speaking jitters, editing strategies, building the best metaphor, “OK, I’m talking—now what should I do with my hands,” and more. Spoken word poems traditionally address edgy, vulnerable topics, and the range of styles can span from hip-hop to prose, and comedy to monologue. No matter your writing experience, this course can help you tell your story and speak your truth with confidence, compassion, and power no matter where you are. There will be an end-of-course celebratory showcase of our original spoken word poems.

**Caroline Harvey**, MA, LMT, is a performance poet and professor at Berklee College of Music in Boston. Featured on HBO’s Def Poetry and in print and film, Caroline teaches and performs internationally. She has shared the stage with Alicia Keys, Mos Def, Livingston Taylor, and others.  
www.carolineharvey.com

### Work Study Programs

**July–December 2013**

Please visit www.esalen.org/workshops/workstudy.html for complete program descriptions.

July 7–August 4  
**Daily Life as Spiritual Practice and Soul-Making** 
with Quinton Wacks

August 4–September 1  
**The Ensemble Process** with Peter Meyers

September 1–29  
**Embodying Essence: Dance, Sound and Song** 
with Ellen Watson

September 29–October 27  
**Streams of Energy** with Jim Gallas

October 27–November 24  
**Nonviolent Communication (NVC), The Language of Life** with Jean Morrison

November 24–December 22  
**Relational Gestalt Process** with Dorothy Charles

December 22–January 19  
**Deep Bodywork**® with Rob Wilks
WORK STUDY
program application

Please print legibly.

First Name ____________________________ Last Name ____________________________ ☐ Male ☐ Female Today's Date _____________

Phone: Evening (______) ____________ Day (______) ____________ Cell (______) ____________

Home Address ________________________________________________________________   City/State/Zip __________________________

Country ____________________________ Occupation (previous, if retired) ____________________________ Date of Birth ____________ Age __________

E-mail Address ________________________________________________________________

Do you have any physical/emotional condition (i.e. bad back, severe depression) that might affect your ability to participate? ☐ Yes ☐ No

Are you taking medication? ☐ Yes ☐ No If yes to either of these questions, please include details in your personal statement.

Are you a former workscholar? ☐ Yes ☐ No If yes, list dates and the dept. where you worked: __________________________

Are you an ILEAD student? ☐ Yes ☐ No If yes, from what school?

See www.esalen.org/workshops/workstudy.html for more info about ILEAD.

The Work Study program is for 28 days, beginning at 4 pm on Sunday and ending at 7:30 pm on the final Sunday. Sometimes particular dates and/or leaders are not available. List below, in order of preference, the dates/leaders for which you are available.

Please note: Space may become available up until the program start date. You must let us know if you wish to be removed from a wait list; if you're on a wait list and space becomes available, you will be notified for confirmation. If you cancel after placement, you will be charged a cancellation fee.

START DATE

Choice 1 ____________________________ Leader ____________________________ If full, wait list? ☐ Yes ☐ No

Choice 2 ____________________________ Leader ____________________________ If full, wait list? ☐ Yes ☐ No

Choice 3 ____________________________ Leader ____________________________ If full, wait list? ☐ Yes ☐ No

If your application is approved and we cannot give you your first choice, we will place you in your next available choice.

Workscholars may be invited to remain for a second term, depending on space availability and the needs of the Esalen community. Please indicate your availability for such an invitation (no obligation): ☐ No extension ☐ One-term extension

We encourage ridesharing. Are you bringing a vehicle? ☐ Yes ☐ No; Are you willing to give a ride? ☐ Yes ☐ No; Receive a ride? ☐ Yes ☐ No; I wish to rideshare from (if different from above address) __________________________

Assignments to departments are made according to community labor needs (usually kitchen or housekeeping). However, if you prefer housekeeping or kitchen, or if you have landscaping skills, please list them below. ☐ Place me wherever I’m most needed – or – note my preferences below.

Choice 1 ____________________________ Skills/Experience ____________________________

Choice 2 ____________________________ Skills/Experience ____________________________

Please attach a personal statement about your interest in the Work Study program, telling us why you’d like to participate and what you hope to take with you when you leave.

All applicants are required to sign a standard release-from-liability and assumption-of-risk form as a condition of participation in the Work Study program. This form will be mailed to you upon acceptance to the program.

Do you want van service? Van service rates are subject to change. From ☐ Monterey Airport, 2 pm ($50); ☐ Monterey Transit, 2:20 pm ($50);
☐ San Francisco Airport, 11:45 am ($100).

Payment ☐ $400 deposit ☐ $1,150
☐ Check (U.S. banks only), attached and payable to Esalen Institute
☐ MasterCard ☐ VISA ☐ American Express

If you are making a credit card deposit, the balance will be automatically charged to your card five days before your arrival.

Applications cannot be considered without a deposit and a personal statement included. Deposits are not processed until your final acceptance into the program.

Name on Card ____________________________

Card No. ____________________________

Expiration Date ____________________________

Billing Zipcode ____________________________ CVV (security) code ____________________________

Name and phone number (if different from above):

__________________________________________   ____________________________

Authorizing Signature ____________________________

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**Reservations**

**ONLINE:** www.esalen.org  
**PHONE:** 888-837-2536

If you prefer, download the reservation form at www.esalen.org/workshops/reservations.html and fax (831-667-2724) or mail it in.

**Esalen Rates Are All Inclusive**

All workshop fees include:

- Workshop tuition, accommodations, and meals  
- Fresh produce from the Esalen Garden  
- Vegan and vegetarian options for all meals  
- Coffee, tea, and bread bar open 24/7  
- 24-hour use of hot spring bath facilities, Arts Center (except when a workshop is scheduled), meditation Round House, and the entire Esalen grounds  
- Participation in scheduled daily classes such as yoga, dance, meditation, art, and special events  
- One-year subscription to the Esalen catalog

<table>
<thead>
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<th>Workshop Tuition Including Accommodations</th>
<th>Weekend Workshops</th>
<th>Five-day Workshops</th>
<th>Seven-day Workshops</th>
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<td><strong>Sleeping Bag</strong></td>
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<tr>
<td><strong>Off-site</strong></td>
<td>$405</td>
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Friends of Esalen receive a $25.00 discount on rates. For information on Friends of Esalen, see page 2.

**Accommodations**

- **Point Houses:** See below.
- **Premium Accommodations:** See below.
- **Standard Accommodations:** This is shared housing, with two or three people per room and in some cases a shared bathroom. Couples will be housed privately. Standard guaranteed single housing is available on a limited basis for an additional $125 per night.

- **Bunk Bed Accommodations:** This is shared housing with four or more persons per room.
- **Sleeping Bag Accommodations:** Some Esalen meeting rooms are used as shared sleeping bag space. Storage space outside the meeting rooms is available when the rooms are being used for meetings. Access is from 11 PM–8:45 AM.
- **Off-site Accommodations:** If you are attending a workshop and staying off property.

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**Point Houses** are private suites nestled behind the Esalen Garden and perched at the cliff’s edge with stunning views of the Pacific Ocean. Each of the three Point Houses offers a living room with wood stove, a master bedroom, a sleeping loft, full kitchen and dining area, private redwood deck overlooking the Pacific with outdoor clawfoot tub, Internet connections, and in-room telephone.

**Premium Rooms** offer greater privacy, upgraded bathrooms, and enhanced sound-proofing and climate insulation. You can request either ocean view or Internet (Ethernet cable provided) and a phone, and we will do our best to honor these requests.

Please call 888-837-2536 for details about premium room accommodations and availability.

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This is Your Time…

You have carefully selected a workshop, or made the decision to take a Personal Retreat. You are stepping out of your busy life to stop and breathe, heal, explore. Why not treat yourself to the finest accommodations during your stay at Esalen?

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**Point House**

**Premium Room**

**Point House**

**Premium Room**

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**Point House**

**Premium Room**

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**Workshop Payment**

To reserve a space in any workshop, we require the following nonrefundable deposits.

- **Weekend:** $150  
  - 5–7 day: $300

Deposits paid by credit card will automatically have the workshop balance drawn from your credit card five days before arrival. Deposits are payable in US currency only; overseas residents must pay by check drawn on US banks or credit cards. Deposits are nonrefundable.

**Esalen Cancellation Policy:** If you cancel or change any part of your workshop reservation at least seven full days before the start of your workshop(s), your nonrefundable deposit, less a $75-per-workshop processing fee, will be transferred to an Esalen credit account to be used within one year.

If you cancel a workshop with less than seven days’ notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit and refund you the balance.

If you cancel a Personal Retreat with more than 14 hours’ notice, a $75 processing fee will be charged for each reservation (per person) and the remaining balance will be refunded. If you cancel a Personal Retreat with less than 24 hours’ notice, you will forfeit the price of one night of lodging (per person).

**Esalen may cancel a workshop due to low enrollment.**

Cancellations must be made by phone with one of our reservation staff. "Seven full days" means by Sunday before a Sunday workshop, and by Friday before a Friday workshop. Donations to the Friends of Esalen are nonrefundable. Esalen may cancel a workshop due to low enrollment two weeks before the workshop start date. You may either switch to another workshop, come for a Personal Retreat, or get a refund.

**Money at Esalen:** Esalen accepts cash, checks, and credit cards. Esalen does not have an ATM, so please bring enough cash for incidentals such as beverages and chocolate at the dinner bar, or gratuities for massage practitioners.

### Reduced Rate Availability

Please request discounts at the time of registration.

**Work Exchange:** Some assistance is available for workshop participants in exchange for a work commitment in housekeeping or the kitchen.

- **Weekend:** $50, 4 hrs.  
  - 5–7 days: $100, 8 hrs.

Scholarships: Limited scholarships are available for those in financial need. See the Esalen website for details and application.

**Monthlong Residency Program:** A 20% discount is available for anyone registering for 4 consecutive 5-day workshops, with 3 Personal Retreat weekends in between. This program is available October-April only. Contact Esalen Reservations for details.

**Senior Citizen Discount:** A discount is available to guests over 65, for workshops only. For a weekend workshop, the discount is $25. For 5-day or longer workshops, $50.

### Personal Retreat Fees

Fees are listed per person, per night, unless otherwise noted (plus hotel tax).

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<tr>
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<th>Fri/Sat</th>
<th>Sun-Thurs</th>
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<td><strong>Standard</strong></td>
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<td>(1 or 2 people: priced per room)</td>
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<td>(When booking South Point House, you can add this bedroom annex for up to 2 people.)</td>
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<td><strong>Bunk Bed</strong></td>
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<td>(4 or more persons per room)</td>
<td>$140</td>
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### Schedules

**Accommodations** include Friday and Saturday night for weekend workshops and Sunday through Thursday night for 5-day workshops. Schedules for 7-day workshops vary; please inquire at registration.

**Check-in/Check-out:** Guests are welcome to arrive at Esalen any time after 2 PM; rooms become available after 4 PM. Check-out time is 12 NOON on departure days. Lunch is provided on departure days; we ask that you leave the property by 2 PM.

**Workshops:** Workshop schedules normally begin at 8:30 PM on the first evening and end at 11:30 AM on the final day.

### Family Accommodations and Children’s Fees

Fees for children under 14 enrolled in family workshops are $100 for weekend workshops and $200 for 5-day workshops. Children not attending workshops may be housed with two full-paying adults in premium or standard accommodations for a meal charge of $20 a day per child ($10 for children under 6). Single-parent accommodations are limited but will be supported to the best of Esalen’s ability. Lower cost shared bunk rooms and sleeping bag accommodations may be an option for families on limited budgets. Contact Esalen Reservations for details.

**Note:** If children are enrolled in Gazebo Park School, additional fees apply.

**Gazebo Park School** is an on-site, state-licensed, outdoor preschool program for children from infants to age 6. This program is available during the week to children of seminarians, workshop leaders, personal retreatants, as well as Big Sur families. The school offers children the opportunity for full immersion with the natural world through its rich, child-centered park environment and ecology-based curriculum. Gazebo Park School’s low teacher to child ratio allows for individual attention. Activities include caring for the school’s animals, gardening, harvesting fruits and vegetables, cooking, expressive arts, literacy activities, dramatic play, and excursions to explore Esalen’s unique campus. Children may be enrolled for a half day, full day, or several days while here at Esalen.

Gazebo Park School hours are Monday-Friday, 9:30 AM - 4:30 PM. Qualified childcare providers may be available for parents taking workshops outside of the Gazebo Park School hours. For more information and to enroll for Gazebo Park School, please call 831-667-3026. To ensure space in the program, we ask for at least one month advance notice for enrollment.
Location and Transportation
Esalen is located 45 miles south of Monterey and 11 miles south of Nepenthe restaurant on Coast Route 1. This isolation and tranquility can deepen your experience, yet it can also be a significant change in environment.

Ridesharing: We encourage ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form online at www.esalen.org for ridesharing options.

Van Service: A van service is available between Monterey Airport/Monterey Transit Plaza/ Monterey Airbus Station and Esalen on Fridays and Sundays. The incoming service departs Monterey Airport at approximately 4 PM, arrives at Monterey Transit Plaza at 4:15 PM, and Monterey Airbus Station at 4:20 PM. Return service departs Esalen at approximately 5:30 PM. The drive is approximately 1 1/4 hours to Monterey Airport, so please plan plane flights accordingly. Van service reservations must be made with Esalen at least 24 hours prior to arrival. The $65 one-way fee (subject to change) is payable to Esalen upon arrival.

Public Bathing in the Hot Springs
In addition to round-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, 1 AM–3 AM, for a cost of $20 per person, payable by credit card only upon reservation. Reservations can be made 8 AM–8 PM (except Friday and Sunday: lines close at noon), at 831-667-3047.

Private Conferences
As part of its dedication to the humanities and sciences, Esalen offers its facilities to organizations and individuals for mission-aligned private conferences, meetings, courses, and trainings. Esalen can accommodate groups up to 124 people.

Conferences can be two, five, or seven days and include meals, movement classes, and use of the hot springs and Art Center when available. Most conferences are scheduled at least one year in advance. For more information and to schedule, contact the conference coordinator at 831-620-6244.

Phone and Internet: There is no cell phone service at Esalen. There are two shared Internet stations available and the Lodge has free WiFi access, except during meal times. Due to Esalen’s remote location, all connectivity (phones and Internet) is provided on a best-effort basis; we can’t guarantee service.

Age Restrictions: Workshop participants must be 18 years or older unless otherwise noted. See page 111 for family options at Esalen.

Snoring: If you are staying in shared accommodations and you snore, please be prepared to do everything possible to minimize the discomfort this may cause a roommate. Consider taking a private room. If you do not snore, please come prepared with earplugs for the possibility of sharing a room with a snorer.

Flashlights: Esalen paths are very dimly lit at night. Please bring a flashlight.

Health Services: Esalen has no medical services or pharmaceutical supplies on site. Please come prepared to administer to your own needs. Esalen is 45 miles from a medical facility and pharmacy.

Accessibility: Many Esalen paths, though paved, are very steep. Access to some parts of the property may be difficult depending on your level of mobility. Please discuss your needs with an Esalen representative at the time of registration (at least 72 hours prior to arrival) and we may be able to assist.

Personal Guests: Seminarians may not have guests on property.

Nudity: In the hot springs, massage area, and pool, swimsuits are optional and nudity is common. We encourage each individual to choose what is most comfortable for him or her. The environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items lost during your stay, call 831-667-3019.

Pets: Other than service animals, pets are not allowed.

Smoking: Smoking is permitted in designated outdoor areas only. Not permitted in accommodations or meeting areas.

Valuables: The Esalen office has no facilities to store guest valuables.

Volunteering: Guests are welcome to contribute time during their stay to work with Esalen staff, usually in the kitchen or in cabins. This help enables us to meet the pressures of peak working times and provides an opportunity for guests to experience Esalen from the inside.

Recommended Reading and Mail Order Merchandise: All recommended reading is available online through www.esalen.org. All other bookstore merchandise is available via mail order. For more information, see www.esalen.org/bookstore.
CONTINUING EDUCATION PROGRAMS

Esalen’s status as a provider of continuing education is approved by the following boards:

• Psychologists; American Psychology Association (California psychologists are required to report their hours to the MCEP Accrediting Agency)
• MFT/LCSW; California Board of Behavioral Sciences (Provider No. PCE1594)
• Massage practitioners and Bodyworkers; The National Certification Board for Therapeutic Massage & Bodywork (Provider No. 043062-00)
• RNs; California Board of Registered Nursing (Provider No. 01152)
• Registered Dietitians; Commission on Dietetic Registration
• Acupuncturists; State of California Acupuncture Board (Provider No. 946)

All approved weekend workshops qualify for 10 hours of CE units, and approved five-day courses qualify for 26 hours of CE units.

In order to receive a certificate for continuing education units, participants must meet the following requirements:

• Attend and sign the attendance sheet for all sessions (please see leader)
• Fill out the evaluation form distributed by the leader and turn it in to the Esalen main office with a $25 processing fee

Workshops for which CE credit has been approved are listed below and also noted in the Seminars section. For questions regarding continuing education, contact ce@esalen.org.

*Acupuncture and dietitian workshops are approved on a case-by-case basis. Please refer to the Esalen website prior to registration for updated CE status.

Jan 25-26 New Year’s Meditation Retreat
Jan 26-27 Embodied Anatomy and Movement in Massage
Feb 1-2 Somatics for the Soul
Feb 2-4 2022 Esalen® Massage Practitioner Training
Feb 2-4 Breath in the Body: Alpine Energy for Life
Feb 9-11 Embodied Self-Compassion: Core Skills Training
Feb 12-13 Presence through Body-Centered Awareness
Feb 13-14 Awakening the Heart
Feb 13-15 Gestalt Relational Contributions
Feb 13-15 Embodied Movement 
Feb 13-18 Shiatsu and Gestalt Awareness Practice
Feb 13-18 The Breath as a Tool of Transition: Yoga
Feb 13-18 Zen Balancing
Feb 13-18 Mindfulness Meditation Retreat
Feb 15-18 Maximizing Your Opposite Strengths
Feb 15-18 Esalen® Massage for Couples
Feb 15-20 Positive Emotions Build Resilience
Feb 15-20 Yoga for the ‘ Yugoslavia’ Challenge
Feb 15-20 The 5 Rhythms®: Heartbeat
Feb 15-20 The Breath of Life: Guided Meditation Retreat
Feb 15-20 Vision-Making and Trauma Releasing Exercises
Feb 15-20 The Breath as a Tool of Transformation
Feb 15-20 Trauma, Memory and the Restoration of Self
Feb 15-20 Intro to Reiki Structural Integration
Feb 15-20 Relationships: The Courage to Begin
Feb 15-20 Expanding the Practice of Sex Therapy
Feb 15-21 Mindfulness and Yoga
Feb 15-21 The Breath of Life: Guided Meditation Retreat
Feb 16-17 Deep Breathwork and Subtle Sensing
Feb 16-18 Women’s Sexual Stories
Feb 16-18 Emotional Freedom Techniques Training
Feb 16-18 The Essence of Feldenkrais® and Energy Work
Feb 16-18 The Changes in the Brain through Movement (Yoga)
Feb 16-18 The Dynamic Self: Yoga
Feb 17-18 Chi Kung for Personal Power
Feb 17-18 Mindfulness-Based Eating Awareness Retreat
Feb 17-18 Finding Love, Sustaining Love: Singles Retreat
Feb 17-18 Love, Sexuality, Relationship
Feb 17-18 A Somatic Approach to Embodied Compassion
Feb 17-18 Growth to Lasting Intimacy: Teaching for Couples
Feb 17-18 Mindfulness-Based Eating Awareness Retreat
Feb 17-18 Esalen® Massage and Continuous Presence
Feb 17-17 Embodied Movement
Feb 17-18 Love, Sex and Intimacy
Feb 17-19 Finding True Love
Feb 17-19 Spiritual Massage: Lightbody Infusion
Feb 17-20 dying and the inner alchemist
Feb 17-20 Medical Alchemy: A Core Concepts Workshop
Feb 17-20 Seeing in the Dark: Creative Movement
Feb 17-21 Body and Soul: Understanding the Creative Process
Feb 17-21 Creative Movement: The Power of Transformation
Feb 18-19 The Art of Mediating
Feb 18-19 Communication through Equine 
Feb 18-19 Intuitive Medicine: A Shamanic Approach
Feb 18-19 The Power of Transformational Affirmations
Feb 18-19 Relational Gestalt Process
Feb 19-21 Mindbody Medicine
Feb 19-21 Embodied Movement: An Embodied Perspective
Feb 19-21 Emotional Maturity: What’s Wrong with Our Lives
Feb 22-25 The Breath of Life: Guided Meditation Retreat
Feb 22-25 Introspecting Your Life Span: A Journey of Discovery
Feb 22-25 Using Your Body to Heal the Mind: Guided Meditation Retreat
Feb 23-25 The Breath of Life: Guided Meditation Retreat
Feb 23-26 Meditation and Mindfulness Retreat
Feb 23-26 The Breath of Life: Guided Meditation Retreat
Feb 23-26 Mindfulness and Yoga
Feb 23-26 trying to be an insider’s guide to your relationship
Feb 23-26 The Breath of Life: Guided Meditation Retreat
Feb 23-26 Tapping the Power of Intuition
Feb 24-26 Mindfulness and Yoga
Feb 24-26 The Breath of Life: Guided Meditation Retreat
Feb 24-26 Mindfulness and Yoga
Feb 24-26 The Breath of Life: Guided Meditation Retreat
Feb 26-27 Mindfulness and Yoga
Feb 26-27 The Breath of Life: Guided Meditation Retreat
Feb 26-27 Mindfulness and Yoga
Feb 26-27 The Breath of Life: Guided Meditation Retreat
Feb 27-28 The Breath of Life: Guided Meditation Retreat
Feb 27-28 Mindfulness and Yoga
Feb 27-28 The Breath of Life: Guided Meditation Retreat
Feb 28-29 Mindfulness and Yoga
Feb 28-29 The Breath of Life: Guided Meditation Retreat
Feb 28-29 Mindfulness and Yoga
Feb 28-29 The Breath of Life: Guided Meditation Retreat
Esalen is a leading center for exploring and realizing human potential through experience, education, and research. We are all capable of the extraordinary.